**DURFC WEEK 2020-21 – TERM 1 ( starting 12th October 2020 )**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | **BUBBLES - S & C** **7 - 11****BUBBLES - S & C 12-2****S & C 1-1 time** |  | **BUBBLES - S & C** **7 - 11****BUBBLES - S & C 12-2****S & C 1-1 time** |  | **BUBBLES - S & C** **7 - 11****BUBBLES - S & C 12-2****S & C 1-1 time** | **BUBBLES** **9-12 NOON****UNIT SKILLS / CONTACT****VENUE TBC** **11am-12noon** |  |
| **PM** | **ALL Meet TIME TBC****Changing room OR Individual skills/ Units****TRAINING** **3G1 - 11-12-30pm****3G1/2 - 4pm to 530pm** **+ 6 to 7-30pm** |  | **ALL Meet TIME TBC****Changing room OR Individual skills/ Units****TRAINING** **(3G1 /3G2)****12-2pm** |  | **ALL Meet TIME TBC****Changing room OR Individual skills/ Units****TRAINING** **3G1 - 11-12-30pm****3G1/2 - 4pm to 530pm** **+ 6 to 7-30pm** |  | **REHAB****EXTRAS CAMP****TBC** |
| **EVE** | **PHYSIO****3 - 4pm****7 - 830pm**  |  |  | **PHYSIO****6 - 730pm**  | **PHYSIO****3pm - 4pm****SPORTS PSYCHOLOGIST****12-2pm PALATINE CENTRE****ACADEMIC MENTORING****4-6 PM. MC** |  |  |