**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** |  |  |