



Denbigh Dragons Timetable

January 2025

| | Monday | Tuesday | Wednesday | Thursday |
|--|------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| Junior Dragons (Gold / Silver / Bronze) | — | 17:30 – 18:15 | — | 17:00 – 18:00 |
| Development Squad | — 18:30 – 19:30 | 06:30 – 07:30* & 18:15 – 19:00 | 06:30 – 07:30* & 19:00 – 20:15 | — 18:00 – 19:30 |
| Competitive Squad | — 18:30 – 19:30 | 06:30 – 07:30* & 18:15 – 19:00 | 06:30 – 07:30* & 19:00 – 20:15 | 06:30 – 07:30* & 18:00 – 20:00 |

* Morning sessions need to be confirmed with coach prior to session (at least 24 hours in advance)