



# RSDBC TRAINING SCHEDULE

Date	Day	Time in Water	Event
16 November 2024	Saturday	16:15	
23 November 2024	Saturday	16:15	
30 November 2024	Saturday	16:15	
07 December 2024	Saturday	16:15	
14 December 2024	Saturday	16:15	
21 December 2024	Saturday	16:15	
28 December 2024	Saturday	16:15	
04 January 2025	Saturday	16:15	
11 January 2025	Saturday	16:15	
18 January 2025	Saturday	16:15	
25 January 2025	Saturday	16:15	
01 February 2025	Saturday	16:15	
08 February 2025	Saturday	16:15	
15 February 2025	Saturday	16:15	
22 February 2025	Saturday	No Training	Founding Day Weekend
01 March 2025	Saturday	16:15	Ramadan
08 March 2025	Saturday	16:15	Ramadan
15 March 2025	Saturday	16:15	Ramadan
22 March 2025	Saturday	16:15	Ramadan
29 March 2025	Saturday	No Training	Eid Weekend
05 April 2025	Saturday	No Training	Eid Weekend
12 April 2025	Saturday	16:15	
19 April 2025	Saturday	16:15	
26 April 2025	Saturday	16:15	
03 May 2025	Saturday	16:15	
10 May 2025	Saturday	16:15	
17 May 2025	Saturday	16:15	
24 May 2025	Saturday	16:15	
31 May 2025	Saturday	16:15	
07 June 2025	Saturday	No Training	Eid Weekend
14 June 2025	Saturday	No Training	Eid Weekend
21 June 2025	Saturday	16:15	
28 June 2025	Saturday	16:15	
05 July 2025	Saturday	16:15	
12 July 2025	Saturday	16:15	
19 July 2025	Saturday	16:15	
26 July 2025	Saturday	16:15	
02 August 2025	Saturday	16:15	
09 August 2025	Saturday	16:15	
16 August 2025	Saturday	16:15	
23 August 2025	Saturday	16:15	
30 August 2025	Saturday	16:15	
06 September 2025	Saturday	16:15	



## RSDBC TRAINING SCHEDULE

13 September 2025	Saturday	16:15
20 September 2025	Saturday	16:15
27 September 2025	Saturday	16:15
04 October 2025	Saturday	16:15
11 October 2025	Saturday	16:15
18 October 2025	Saturday	16:15
25 October 2025	Saturday	16:15
01 November 2025	Saturday	16:15
08 November 2025	Saturday	16:15
15 November 2025	Saturday	16:15
22 November 2025	Saturday	16:15
29 November 2025	Saturday	16:15
06 December 2025	Saturday	16:15
13 December 2025	Saturday	16:15
20 December 2025	Saturday	16:15
27 December 2025	Saturday	16:15