From 13th Jan 2025

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sharks						2:30 – 3:15pm	12:15 – 1:15pm
						Dulwich Prep	Alleyns School
Dolphins *	7:00 – 8:00pm				6:00 - 7:00pm	3:15 - 4:15pm	12:15 – 1:15pm
	Camberwell LC				Dulwich LC	Dulwich Prep	Alleyn's School
Bronze		6:30 – 7:30pm	7:00 - 8:00pm	6:30-7:30pm		7:30 - 8:30am	
		Alleyn's School	Camberwell LC	Dulwich Prep		JAGS	
Platinum	5:40-6:40pm			7:30-9:00pm			1.15-2.30pm
	Dulwich College			Dulwich Prep			Alleyn's School
Tritons	5:40-6:40pm			7:30-9:00pm			*6:30-8:30pm
	Dulwich College			Dulwich Prep			Dulwich college
Silver		6:30 – 7:30pm		7:15 – 8:30pm		3:00 - 4:10pm	1:15 – 3:15pm
		Alleyn's School		JAGS		Alleyn's School	Alleyn's School
Gold	6:30 – 8:30pm	6:30-7.30pm	6:30 – 8:30pm			3:00 - 4:10	1:15 – 3:15pm
	Dulwich Prep	Alleyn's School	Dulwich Prep			Alleyns School	Alleyn's School
Mercury	7:00 – 9:00pm	7:30 – 9:30pm	6.30: – 8:30pm		6:00 - 8:00pm	4:00 – 6:00pm	** 1:15 – 3:15pm
	Peckham Pulse	Alleyn's School	Dulwich Prep		Camberwell LC	Alleyn's School	Alleyn's School
Performance ****	6:30 – 9:00pm	7:30 – 9:30pm	6:30 – 8:30pm	6:30 - 9:00pm.	6:00 – 8:00pm	4:00 – 6:00pm	6:00 – 8:30pm
	Dulwich Prep	Alleyns School	Peckham Pulse	Dulwich Prep	Camberwell LC	Alleyn's School	Dulwich College

Tritons+ is 3 sessions plus 1 Mercury

^{*} Dolphins max 3 sessions