

SOCIAL SPORTS 2025 CALENDAR SEMESTER 1

MON
5 A SIDE

9:00 - 17:00

**WOMEN FITNESS
COURSE**

13:00 - 13.30

TUE
5 A SIDE

9:00 - 17:00

**SOCIAL MENS
GAA**

13:00 - 14:00

SOCIAL SQUASH

16:00 - 17:00

WED
5 A SIDE

9:00 - 17:00

**SOCIAL
BADMINTON**

12:00 - 14:00

**INDOOR WOMENS
ROWING**

12:00 - 13:00

**SOCIAL WOMENS
GAA**

13:00 - 14:00

THU
5 A SIDE

9:00 - 17:00

**WOMEN
LIFTING HOUR**

12:00 - 13:00

FRI
5 A SIDE

9:00 - 17:00

**SOCIAL
BADMINTON**

12:00 - 14:00

**SOCIAL RUN
CLUB**

13:30 - 14:30

**MIND BODY
BOOST**

18:00 - 19.30

**3V3 BASKETBALL
MEN**

17:00 - 18:00

SOCIAL CLIMBING

17:00 - 18:00

JIU JITSU MEN

17:00 - 18:00

**DARTRY
YOGA**

19:00 - 20:00

**MIXED SOCIAL
BASKETBALL**

17:00 - 18:00

**SOCIAL WOMENS
HOCKEY**

17:00 - 18:00

**SELF DEFENCE
WOMEN**

17:00 - 18:00

**SOCIAL
VOLLEYBALL**

17:00 - 18:00

TAG RUGBY

17:00 - 18:00

**DARTRY
PILATES**

19:00 - 20:00

**3V3 BASKETBALL
WOMEN**

17:00 - 18:00

SOCIAL CLIMBING

17:00 - 18:00

SOCIAL CRICKET

17:00 - 18:00

**MIND BODY
BOOST**

18:00 - 19:30

**DARTRY
CIRCUITS**

19:00 - 20:30

**DARTRY MIND
BODY BOOST**

19:30 - 20:30

LEAGUE
SPORT PROGRAM
PHYSICAL ACTIVITY PROGRAM

Sign up!



Trinity College Dublin
Colaiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Trinity Sport
www.tcd.ie/sport