

Ancillary Hall

11th - 17th September 2026

		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
Friday																		
Side A																Aikido training 20.00 - 22.00		
Side B													Fencing training 17.00 - 19.00		Closed 22.00			
		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
Saturday																		
Side A		Closed 7.00 - 9.00				Fencing training 11.00 - 14.00					External Event 15.30-17.30				Closed 18.00 - 22.00			
Side B				Karate training 9.00 - 11.00														
		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
Sunday																		
Side A		Closed 7.00 - 9.00				Birthday Party 10.00 - 14.30								Closed 18.00 - 22.00				
Side B																		
		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
Monday																		
Side A		HP S&C 08.00-09.00		Harries Athletics training 09.00-10.00			Barbell Training 12.00 - 14.00							Taekwondo training 19.30 - 21.30				
Side B												Aikido training 16.00 - 18.00		Judo training 18.00-20.00		Fencing training 20.00 - 22.00		
		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
Tuesday																		
Side A		HP S&C 08.00-10.00							S&C 13.00-14.00	Barbell Training 14.00-16.00		Lift & Move 17.15 - 18.15		Learn to lift 18.15 - 19.15		Fencing training 20.00 - 22.00		
Side B		Judo training 07.30-09.00													Karate training 18.00 - 20.00			
		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
Wednesday																		
Side A		HP S&C 08.00-09.00						Barbell Training 12.00 - 14.00						Men's boat training 18.00 - 19.30		Taekwondo training 19.30 - 21.30		
Side B		Fencing training 07.00 -10.00											Table Tennis 18.00 - 20.00					
		7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
Thursday																		
Side A		HP S&C 09.00-10.00							S&C 13.00-14.00	Lift & Move 17.15 - 18.15				Learn to lift 18.15 - 19.15				
Side B		Fencing training 07.00 -10.00								Karate training 13.00 - 14.00				Judo training 18.00-20.00		Fencing training 20.00 - 22.00		