

Ancillary Hall

10th - 16th October 2025 2025

	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Friday																
Side A												Boat Mixed Training session 18.00 - 19.00	Ladies Cricket sess 19.00 - 20.00	Table Tennis training sess 20.00 - 22.00		
Side B									Fencing Training session 15.00 - 19.00							
Saturday																
Side A				Hyrox 9.30 - 10.30												
Side B				Karate training session 9.00 - 11.00												
Sunday																
Side A																
Side B																
Monday																
Side A		Hockey Women 8.00 - 9.00	Harrers Training sess 9.00-10.00		Cleaning 11.00-12.00									Taekwondo training session 19.30 - 21.30		
Side B							Social Women's Fitness 13.00 - 14.00					Judo training session 18.00 - 20.00	Fencing Training Session 20.00 - 22.00			
Tuesday																
Side A		Rugby Men S&C 8.00 - 10.00					Hyrox S&C 13.00 - 14.00	Barbell Training Session 14.00 - 16.00				Hyrox S&C 17.30 - 18.30	Closed for Lifting Course 18.30 - 19.30	Fencing Training Session 20.00 - 22.00		
Side B											Learn Jiu Jitsu 16.30 - 18.00	Karate Training Session 18.00 - 20.00				
Wednesday																
Side A		Rugby Men S&C 8.00 - 10.00										Self Defense Women 16.30 - 18.00	Boat Mixed Training Session 18.00 - 19.30	Taekwondo Training Session 19.00 - 21.30		
Side B		Fencing Training Session 7.00 - 10.00											Table Tennis Training Session 18.00 - 19.30			
Thursday																
Side A		Rugby Men S&C 8.00 - 10.00					Hyrox S&C 13.00 - 14.00					Hyrox S&C 17.30 - 18.30	Closed for Lifting Course 18.30 - 19.30	Barbell Training Session 19.30 - 21.30		
Side B		Fencing Training Session 7.00 - 10.00				Cleaning 11.00 - 12.00					Social Cricket 17.00 - 18.00	Judo Training Session 18.00 - 20.00	Fencing Training Session 20.00 - 22.00			