

Ancillary Hall

18th - 24th September 2026

	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
Friday																	
Side A													Boat Training 18.00 - 19.30		Aikido training 20.00 - 22.00		
Side B													Fencing training 15.00 - 19.00			Table Tennis 20.00 - 22.00	
Saturday																	
Side A	Closed 7.00 - 9.00		HP S&C 09.00-10.00	S&C 10.00-11.00					Birthday Party 14.00 - 16.30			Closed 18.00 - 22.00					
Side B			Karate training 9.00 - 11.00														
Sunday																	
Side A	Closed 7.00 - 9.00												Closed 18.00 - 22.00				
Side B																	
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		
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								Men's Jiu Jitsu 16.30 - 18.00		Karate training 18.00 - 20.00					
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										Women's self defence 16.30 - 18.00		Table Tennis 18.00 - 20.00				
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				Social Table Tennis 16.30 - 18.00		Judo training 18.00-20.00		Fencing training 20.00 - 22.00	