

Ancillary Hall

28th August - 3rd September 2026

	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Friday																
Side A																Closed
Side B																21.00-22.00
Saturday																
Side A	Closed 7.00 - 9.00												Closed 18.00 - 22.00			
Side B																
Sunday																
Side A	Closed 7.00 - 9.00												Closed 18.00 - 22.00			
Side B																
Monday																
Side A	Lift & Move 7.15 - 8.15	Harriers Athletics 9.00 - 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	Judo training 7.30 - 9.00						Strength & Conditioning 13.05 - 13.50	Barbell training 14.00 - 16.00								
Side B												Karate training 18.00 - 20.00		Fencing training 20.00 - 22.00		
Wednesday																
Side A				Fencing training 7.00 - 10.00			Barbell training 12.00 - 14.00						Boat Men 18.00 - 19.30		Taekwondo training 19.30 - 21.30	
Side B													Table tennis 18.00 - 20.00		Fencing Ireland 20.00 - 21.30	
Thursday																
Side A							Strength & Conditioning 13.05 - 13.50									
Side B	Fencing training 7.00 - 10.00											Judo training 18.00 - 20.00		Fencing training 20.00 - 22.00		