

Ancillary Hall

9th-15th October 2026

	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	
Friday																	
Side A		Gaelic Football Men 08.00-10.00											Boat Training 18.00 - 19.30		Aikido training 20.00 - 22.00 Table Tennis 20.00 - 22.00		
Side B										Fencing training 15.00 - 19.00							
Saturday																	
Side A		Closed 7.00 - 9.00		HP S&C 09.00-10.00	S&C 10.00-11.00				External Event 14.00 - 15.00	Cricket Women Training 15.00 - 17.00			Closed 18.00 - 22.00				
Side B		Closed 7.00 - 9.00		Karate training 9.00 - 11.00													
Sunday																	
Side A		Closed 7.00 - 9.00											Closed 18.00 - 22.00				
Side B		Closed 7.00 - 9.00											Closed 18.00 - 22.00				
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					External class 12.00 - 13.00	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	Closed All Day																
Side B	Closed All Day																
Thursday																	
Side A		HP S&C 08.00-10.00					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			