

Ancillary Hall

16th - 22nd 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		Cricket Women Training 10.00 - 12.00								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					Cricket Women Training 15.00 - 17.00				Closed 18.00 - 22.00			
Side B			Karate training 9.00 - 11.00													
Sunday																
Side A		Closed 7.00 - 9.00								Birthday Party 14.00 - 16.30				Closed 18.00 - 22.00		
Side B																
Monday																
Side A		HP S&C 08.00-09.00	Athletics training 09.00-10.00			Barbell Training 12.00 - 14.00									Taekwondo training 19.30 - 21.30	
Side B				Cricket Women Training 10.00 - 12.00						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				
Side B		Judo training 07.30-09.00								Men's Jiu Jitsu 16.30 - 18.00		Karate training 18.00 - 20.00		Fencing training 20.00 - 22.00		
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 16.00 - 18.00		Table Tennis 18.00 - 20.00				
Thursday																
Side A		HP S&C 08.00-10.00				Hall Hire 10.00-13.00		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		