

Ancillary Hall

3 - 9 October 2025

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