Dear PG Freshers,

Trinity Sports are offering Sports Centre Tours and Gym Inductions throughout Postgraduate Orientation Week. Sports Centre Tours will be an opportunity for you to see the facilities Trinity Sport have to offer. Gym induction sessions will be a seminar style introduction to the equipment, how to use it and regulations around said use of the equipment. Please see below for details as to the timing of the Sports Centre Tours and also the Gym Induction Sessions.

**The Sports Centre tours are Monday at 4pm & 4.20pm; Friday at 2pm & 2.30pm**

The following are times for Gym Induction Sessions (5 people per session) and are set up as follows (Note: 3 separate gym inductions in an hour):

**Monday 12th September**
12pm, 12.20pm, 12.40pm, 4.20pm, 4.40pm, 7pm, 7.20pm & 7.40pm.

**Tuesday 13th September**
9am, 9.20am, 9.40am, 12pm, 12.20pm, 12.40pm, 4pm, 4.20pm, 4.40pm, 7pm, 7.20pm & 7.40pm.

**Wednesday 14th September**
9am, 9.20am, 9.40am, 12pm, 12.20pm, 12.40pm, 4pm, 4.20pm, 4.40pm, 7pm, 7.20pm & 7.40pm.

**Thursday 15th September**
9am, 9.20am, 9.40am, 12pm, 12.20pm, 12.40pm, 4pm, 4.20pm, 4.40pm

**Friday 16th September**
9am, 9.20am, 9.40am, 12pm, 12.20pm, 12.40pm, 4pm, 4.20pm, 4.40pm