



Training Schedule – Semester II (2023/24) – Valid through March 31, 2024

Sport	Days	Venue	Time
Aerobics	Mon, Wed, Fri	Students' Gym	7:00pm - 9:00pm
Basketball (M)	Mon, Wed, Fri	Basketball Court	7:00pm - 9:00pm
Basketball (W)	Tue, Thur		7:00pm - 9:00pm
Cricket (M)*	Tue, Wed, Thur		10:00am - 1:00pm
Cricket (W)*	TBA		TBA
Football (M)*	Mon, Wed, Fri		7:00pm - 9:00pm
Football (W)*	Tue, Thur		6:30pm - 8:30pm
Hockey*	Tue, Thur		7:00pm - 9:00pm
	Wed, Fri		7:00am - 9:00am
Netball	Mon	Multipurpose Court	7:30pm - 9:30pm
	Thur		5:00pm - 7:30pm
	Sat, Sun		5:00pm – 7:00pm
Table Tennis	Tue, Thur	Study Hall (UBSC)	5:30pm - 7:30pm
Tennis (Beginner)	Wed	Multipurpose Court	5:00pm - 6:30pm
Tennis (Intermediate)	Wed		6:30pm - 8:00pm
Tennis (Advance)	Mon, Thur, Fri		6:00am - 7:30am
	Tue		5:00pm - 6:30pm
Track & Field*	Mon - Fri		6:00am - 8:00am
	Mon - Fri		4:00pm - 7:00pm
	Sat		6:00am - 8:00am
Volleyball (Beginners)	Mon	Multipurpose Court	5:00pm - 7:00pm
Volleyball (Beginners)	Wed		4:00pm - 6:00pm
Volleyball (W)	Tues, Thur	Multipurpose Court	7:00pm - 9:00pm
Volleyball (M)	Mon, Wed, Fri		7:30pm - 10:30pm



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