



Training Schedule – Semester II (2022/23)

| Sport | Days | Venue | Time |
|-----------------------|----------------|-----------------------------------|--------------------|
| Aerobics | Mon, Wed | Students' Gym | 6:00pm - 8:00pm |
| Basketball (M) | Mon, Wed, Fri | Basketball Court | 7:00pm - 9:00pm |
| Basketball (W) | Tue, Thur | | 7:00pm - 9:00pm |
| Chess | Mon, Wed, Fri | CLR James Cricket Research Centre | 5:30pm - 9:00pm |
| Cricket (M) | Tue, Wed, Thur | 3Ws Oval | 10:00am - 1:00pm |
| Cricket (W) | TBA | | TBA |
| Footmalls (M) | Mon, Wed, Fri | Usain Bolt Sports Complex | 7:00pm - 9:00pm |
| Football (W) | Tue, Thur | | 7:00pm - 9:00pm |
| Hockey | Tue, Thur | Usain Bolt Sports Complex | 7:00pm - 9:00pm |
| | Wed, Fri | | 7:00am - 9:00am |
| Netball | Mon | Multipurpose Court | 7:30pm - 9:30pm |
| | Thur | | 6:00pm - 7:30pm |
| | Sat | | 6:00am - 8:00am |
| Swimming | Sat | Aquatic Center | 2:30pm - 3:30pm |
| Table Tennis | Tue, Thur | Study Hall (ASCH) | 5:00pm - 7:00pm |
| Taekwondo | Thur | Students' Gym | 6:00pm - 7:30pm |
| | Sat | | 9:00am - 11:00am |
| Tennis (Beginner) | Mon, Wed | Multipurpose Court | 5:00pm - 6:30pm |
| Tennis (Intermediate) | Mon, Wed | | 6:30pm - 8:00pm |
| Tennis (Advance) | Mon, Thur | | 6:00am - 7:30am |
| | Tue | | 5:00pm - 6:30pm |
| | Fri | | 5:00pm - 6:30pm |
| Volleyball (W) | Tues, Thur | | Multipurpose Court |
| Volleyball (M) | Wed, Fri | 7:00pm - 9:00pm | |



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