

# Training Schedule – Semester I / II (2017/18)

Sport	Days	Venue	Time
Aerobics	Mon, Wed, Thur	Cricket Coaching Centre	7:00pm - 9:00pm
Basketball (Beginner)	Mon - Fri	Basketball Court	6:00pm - 7:00pm
Basketball (M)	Mon, Wed, Fri		7:00pm - 10:00pm
Basketball (W)	Mon, Tue, Thur		7:00pm - 9:00pm
Bridge	Tue, Thur	CLR James Cricket Research Centre	5:00pm - 6:30pm
Chess	Mon, Wed, Fri	CLR James Cricket Research Centre	5:30pm - 9:30pm
Cricket (M)	Mon	3Ws Oval	4:00pm - 5:30pm
	Fri		10:00am - 11:30am
Cricket (W)	Mon, Fri		3:00pm - 5:00pm
Fencing	Mon, Wed	Usain Bolt Sports Complex	6:00pm - 9:00pm
Football (Beginner) (M)	Mon, Wed, Fri	Usain Bolt Sports Complex	6:00pm - 7:00pm
Football (Beginner) (F)	Tue, Thur		
Football (M)	Mon, Wed, Fri	Usain Bolt Sports Complex	7:00pm - 10:00pm
Football (W)	Tue, Thur		7:00pm - 10:00pm
Handball	Sat	Basketball Court	6:00pm - 8:00pm
	Sun		4:30pm - 6:30pm
Hockey	Wed, Fri	Usain Bolt Sports Complex	7:00am - 9:00am
	Tue, Wed, Fri		7:00pm - 10:30pm
	Sat		9:00am - 12:00pm
Netball	Mon	Multipurpose Court	7:30pm - 10:00pm
	Thur		5:00pm - 7:30pm
	Sat		6:00am - 8:00am
Swimming (Beginner)	TBA	TBA	TBA
Table Tennis	Tue, Thur	Usain Bolt Sports Complex	7:00pm - 9:00pm
Taekwondo	Tue	3Ws Oval	4:00pm - 6:00pm
	Sat	Cricket Coaching Centre	9:00am - 11:00am
Tennis (Beginner/Intermediate)	Mon	Multipurpose Court	5:00pm - 8:00pm
Tennis (Advance)	Mon, Wed		6:00am - 8:00am
	Tue		5:00pm - 7:00pm
	Fri		5:30pm - 7:30pm
Track & Field	Mon, Tue, Wed, Thur, Fri	Usain Bolt Sports Complex	5:00pm - 8:00pm
Volleyball (W)	Tue	Multipurpose Court	7:00pm - 10:00pm
	Thur		7:30pm - 10:00pm
Volleyball (M)	Fri		7:30pm - 10:00pm
Volleyball (Beginner)	Wed		8:00pm - 10:00pm

