



Training Schedule – Semester II (2024/2025)

Sport	Days	Venue	Time
Aerobics	Mon, Wed, Fri	Students' Gym	7:00 pm - 9:00 pm
Basketball (M)	Mon, Wed, Fri	Basketball Court	7:00 pm - 9:00 pm
Basketball (W)	Tue, Thur		7:00 pm - 9:00 pm
Cricket (M)	Tue, Wed, Thur	3Ws Oval	10:00 am - 1:00 pm
Cricket (W)	TBA		TBA
Football (M)	Mon, Wed, Fri	Usain Bolt Sports Complex	7:00 pm - 9:00 pm
Football (W)	Tue, Thur		7:00 pm - 9:00 pm
Hockey	Tue, Thur	Usain Bolt Sports Complex	7:00 pm - 9:00 pm
	Wed, Fri		7:00 am - 9:00 am
Netball	Mon	Multipurpose Court	7:00 pm - 9:00 pm
	Thur		5:00 pm - 7:30 pm
	Sat		7:00 am - 9:00 am
	Sat		4:00 pm – 7:00 pm
Table Tennis	Tue, Thur	Study Hall (UBSC)	5:30 pm - 7:30 pm
Tennis (Beginner)	Wed	Multipurpose Court	5:00 pm - 6:30 pm
Tennis (Intermediate)	Wed		6:30 pm - 8:00 pm
Tennis (Advanced)	Mon, Thur, Fri		6:00 am - 7:30 am
	Tue		5:00 pm - 6:30 pm
Track & Field	Tue, Thur, Sat	Usain Bolt Sports Complex	6:00 am - 9:00 am
	Mon, Wed, Thur, Fri		4:00 pm - 7:00 pm
Volleyball (Beginners)	Mon	Multipurpose Court	6:00 pm - 7:00 pm
Volleyball (Beginners)	Wed		4:00 pm - 5:00 pm
Volleyball (W)	Mon, Tues, Thur		7:30 pm - 9:00 pm
Volleyball (M)	Wed, Fri		7:00 pm - 9:00 pm



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