

SCHEDULE 2024

MONDAY

| | SPORTS | LOCATION |
|---------------|----------------|------------------|
| 4:00pm-6:00pm | Netball | Indoor Court |
| 4:00pm-6:00pm | Track | South Field |
| 6:00pm-7:00pm | Spin | Indoor Court |
| 6:30pm-8:30pm | Men's Football | Admin East Field |
| 6:30pm-8:30pm | Swimming | Swimming Pool |
| 7:00pm-8:45pm | Volleyball | Indoor Court |

Wednesday

| | SPORTS | LOCATION |
|---------------|----------------------|-------------------|
| 4:00pm-6:00pm | Netball | Indoor Court |
| 4:30pm-6:30pm | Women's Cricket | Sir Frank Worrell |
| 5:00pm-6:00pm | Stretch & Relaxation | Outdoor |
| 6:30pm-8:30pm | Men's Football | Admin East Field |
| 6:00pm-8:00pm | Badminton | Indoor Court |
| 6:00pm-8:00pm | Table Tennis | Indoor Court |
| 6:00pm-7:00pm | Spin | Indoor Court |
| 6:30pm-8:30pm | Swimming | Swimming Pool |

FRIDAY

| | SPORTS | LOCATION |
|---------------|----------------|------------------|
| 4:00pm-6:00pm | Track | South Field |
| 5:00pm-8:00pm | Table Tennis | Indoor Court |
| 5:00pm-6:00pm | Aqua Aerobics | Swimming Pool |
| 6:30pm-8:30pm | Men's Football | Admin East Field |
| 6:30pm-8:30pm | Swimming | Swimming Pool |

TUESDAY

| | SPORTS | LOCATION |
|---------------|------------------|-------------------|
| 4:00pm-6:00pm | Track | South Field |
| 4:30pm-8:00pm | Men's Cricket | Sir Frank Worrell |
| 4:00pm-6:00pm | Field Events | Rugby Field |
| 5:00pm-8:45pm | Basketball | Indoor Court |
| 5:30pm-7:30pm | Hockey | Outdoor Court |
| 6:00pm-8:00pm | Women's Football | Admin East |
| 4:00pm-6:00pm | Tennis | Tennis Court |

THURSDAY

| | SPORTS | LOCATION |
|---------------|---------------------|-------------------|
| 4:00pm-6:00pm | Track | South Field |
| 4:30pm-8:00pm | Men's Cricket | Sir Frank Worrell |
| 4:30pm-6:00pm | Field Events | Outdoor Court |
| 4:30pm-6:30pm | Women's Cricket | Sir Frank Worrell |
| 5:00pm-6:00pm | Zumba | Indoor Court |
| 5:00pm-6:00pm | Table Tennis (CETL) | Indoor Court |
| 5:30pm-7:30pm | Hockey | Outdoor Court |
| 6:00pm-8:00pm | Women's Football | Admin East Field |
| 6:00pm-8:45pm | Basketball | Outdoor Court |
| 7:00pm-8:45pm | Volleyball | Indoor Court |
| 4:00pm-6:00pm | Tennis | Tennis Court |