

# SCHEDULE 2025-2026

## MONDAY

	SPORTS	LOCATION
7:00am-9:00am	Taekwondo	Indoor Court
4:00pm-6:00pm	Netball	Indoor Court
4:00pm-7:00pm	Track	South Field
5:00pm-6:00pm	Yoga	Outdoor
6:00pm-7:00pm	Spin	Indoor Court
6:00pm-8:00pm	Table Tennis (STAFF)	Indoor Court
6:00pm-8:00pm	Table Tennis	Indoor Court
6:30pm-8:40pm	Men's Football	Admin East
7:00pm-9:00pm	Swimming	Pool

## TUESDAY

	SPORTS	LOCATION
12:00pm-3:00pm	Volleyball	Indoor Court
4:00pm-6:00pm	Field Events	Rugby Field
4:00pm-7:00pm	Track	South Field
4:30pm-8:30pm	Men's Cricket	South Field
5:00pm-6:00pm	Aerobics	Indoor Court
5:00pm-8:00pm	Rugby	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 Field

## WEDNESDAY

	SPORTS	LOCATION
7:00am-9:00am	Taekwondo	Indoor Court
4:00pm-6:00pm	Netball	Indoor Court
4:30pm-6:30pm	Women's Cricket	Sir Frank
5:00pm-6:00pm	Aqua Aerobics	Pool
6:00pm-7:00pm	Spin	Indoor Court
6:00pm-8:00pm	Table Tennis	Indoor Court
6:30pm-8:40pm	Men's Football	Admin East
7:00pm-8:45pm	Badminton	Indoor Court
7:00pm-9:00pm	Swimming	Pool

## THURSDAY

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

## FRIDAY

	SPORTS	LOCATION
7:00am-9:00am	Taekwondo	Indoor Court
4:00pm-7:00pm	Track	South Field
5:00pm-6:00pm	Aqua Aerobics	Pool
6:30pm-8:30pm	Men's Football	Admin East
6:30pm-8:45pm	Volleyball	Indoor Court
7:00pm-9:00pm	Swimming	Pool

**OPEN RECREATION: 10:00 AM – 3:00 P.M.**