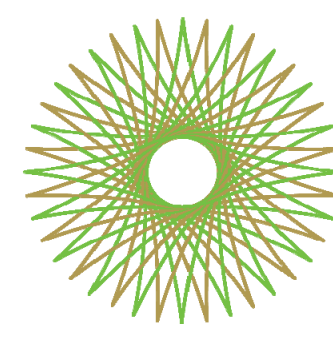




Training									
Sport	Session	Day	Time	Venue	Coach	Commitment	Standard	Trials	Membership
Aikido	Mixed	Tuesday	7.30 - 9.30pm	Stu1	P	O	*		£19
		Saturday	5.30 - 7.30pm			O	*		
		Sunday	1.00 - 3.00pm			O	*		
		Tuesday	6.45 - 7.45pm			OO	*		
		Tuesday	8.00 - 10.00pm			OO	*		
American Football	Video Analysis	Tuesday	6.45 - 7.45pm	Chapman Suite	V	OO	*		£82 (includes access to Flag Football sessions)
		Tuesday	8.00 - 10.00pm	OutSyn	V	OO	*		
		Wednesday	1.15 - 2.15pm	S&C Gym	V	OO	*		
		Friday	8.30 - 10.00pm	AcSyn	V	OO	*		
		Wednesday	2.30 - 4.00pm	AcSyn	V	O	*		
Archery	Mixed	Tuesday	6.45 - 9.45pm	SH2	P	O	*		£30
		Wednesday	12.30 - 3.00pm			V	OO	***	
		Friday	6.45 - 9.45pm			P	OO	*	
		Monday	7.30 - 8.30pm			P	OOO	**	
		Tuesday	5.30 - 6.30pm			P	OO	**	
Athletics	Track Session	Wednesday	3.00 - 4.30pm	EXT - Saughton Track	V	OO	**		£35
		Friday	5.30 - 6.30pm	EXT - Saughton Park	V	OO	**		
		Saturday	9.30am	Oriam Walled Garden	V	O	*		
		Sunday	5.30 - 6.30pm	EXT - Saughton	V	OO	**		
		Monday	6.45 - 8.15pm	SH1 - Court A	V	O	*		
Badminton	Open	Monday	8.15 - 9.45pm	SH2	P	OOO	***	✓	£20 (+ £35 team)
		Tuesday	11.00am - 12.30pm			V	O		
		Wednesday	2.30 - 4.00pm			P	OOO	***	
		Thursday	11.00am - 12.30pm			V	O		
		Thursday	5.15 - 6.45pm			P	OOO	***	
Basketball	Mens 1s	Monday	5.30 - 7.00pm	SH1 - Court C	P	OOO	***	✓	£25 (+ £25 Team)
		Friday	7.30 - 9.30am	SH2	P	OOO	***	✓	
		Monday	5.30 - 7.00pm	SH1 - Court B	V	OO	**	✓	
		Friday	7.30 - 9.30am	SH2	V	OO	**	✓	
		Monday	7.30 - 9.00am	SH1 - Court C	P	OO	**	✓	
Boat	Land Training	Tuesday	5.30 - 7.00pm	SH1 - Court A	P	OO	**	✓	£65 (+ £85 Competitive)
		Wednesday	6.45 - 7.45pm	S&C Gym	P	OOO	***	✓	
		Tuesday	4.00 - 5.30pm	SH1 - Court A	V	O	*		
		Friday	4.30 - 6.00pm	SH1 - Court A	V	O	*		
		Monday	11.00am - 12.00pm	SH2	V	O	*		
Boxing	Open	Wednesday	11.00am - 12.00pm	SH2	V	O	*		£22
		Friday	11.00am - 12.00pm	SH2	V	O	*		
		Monday	5.15 - 6.45pm	SH2	P	O	*		
		Tuesday	5.15 - 6.45pm	SH2	P	O	*		
		Wednesday	4.00 - 6.00pm	SH2	V	O	*		
Cheerleading	Pom - Rec	Friday	6.00 - 7.00pm	Stu2	V	OO	**	✓	£35
		Monday	7.00 - 8.00pm			OO	**	✓	
		Wednesday	7.00 - 9.00am			OO	**	✓	
		Wednesday	2.15 - 4.15pm			OOO	**	✓	
		Sunday	3.00 - 9.00pm			OOO	**	✓	
Cricket	Team	Friday	7.00 - 8.00am	AcSyn	V	OOO	**	✓	£22 (+ £10 team)
		Tuesday	7.30 - 9.00am			O	*		
		Sunday	9.00 - 10.00am			O	*		
		Monday	5.30 - 6.15pm			OO	**	✓	
		Tuesday	6.15 - 7.00pm			O	*		
Cycling	Open	Wednesday	7.00 - 7.45pm	Stu2	P	O	*		£25
		Thursday	7.45 - 8.30pm			O	*		
		Monday	1.15 - 2.00pm			OO	**	✓	
		Monday	2.00 - 2.45pm			O	*		
		Wednesday	2.45 - 3.30pm			O	*		
Dance	Jazz (Team)	Monday	3.30 - 4.15pm	Stu1	V	OO	**	✓	£25
		Tuesday	4.15 - 5.00pm			O	*		
		Wednesday	5.00 - 5.45pm			OO	**	✓	
		Thursday	5.30 - 6.15pm			OO	**	✓	
		Thursday	6.15 - 7.00pm			O	*		
Equestrian	Tap (Rec)	Monday	7.00 - 7.45pm	Stu2	V	OO	**	✓	£32 (+ £40 Team)
		Tuesday	7.45 - 8.30pm			O	*		
		Wednesday	8.00 - 9.00am			O	*		
		Thursday	9.00 - 10.00am			O	*		
		Friday	10.00 - 11.00am			O	*		
Fencing	Competition Teams	Wednesday	10.00 - 11.00am	EXT - TBC	V	OOO	***		£45 (+ £35 Team)
		Wednesday	1.00 - 3.00pm	EXT - TBC	V	OO	**		
		Wednesday	3.00 - 4.30pm	SH2 - Court 3&4	P	OO	**		
		Wednesday	4.30 - 6.00pm	SH2 - Court 3&4	P	OOO	***	✓	
		Friday	5.15 - 6.45pm	SH2 - Court 3&4	V	OO	**	✓	
Football	Mens 1s	Monday	7.00 - 8.30pm	OutSyn	P	OOO	***	✓	£45 (+ £35 Team)
		Thursday	7.00 - 8.30pm	AcSyn	P	OOO	***	✓	
		Monday	7.00 - 8.30pm	OutSyn	P	OOO	***	✓	
		Thursday	7.00 - 8.30pm	AcSyn	P	OOO	***	✓	
		Monday	7.00 - 8.30pm	InSyn	P	OOO	***	✓	
Futsal	Mens 3s	Thursday	7.00 - 8.30pm	OutSyn	P	OOO	***	✓	£45
		Monday	7.00 - 8.30pm	AcSyn	P	OOO	***	✓	
		Monday	5.30 - 7.00pm	InSyn	V	OO	**	✓	
		Monday	5.30 - 7.00pm	InSyn	V	OO	**	✓	
		Monday	5.30 - 7.00pm	InSyn	V	OO	**	✓	
Gaelic Football	Intramural Football	Sunday	6.00 - 10.00pm	OutSyn	V	O	*		Weekly Fee £30
		Monday	7.00 - 8.30pm	AcSyn	P	OO	*		
		Tuesday	7.30 - 9.00am	SH2	V	OO	**	✓	
		Wednesday	2.30 - 4.00pm	SH1 - Court B	V	OO	**	✓	
		Wednesday	4.00 - 5.00pm	SH1 - Court B/C	V	O	*		
Golf	Recreational	Tuesday	9.00 - 10.00am	InSyn (1/4)	V	O	*		£22
		Thursday	5.30 - 7.00pm	OutSyn (1/3)	V	OO	*		
		Tuesday	5.30 - 7.00pm	InSyn (1/4)	V	OO	*		
		Thursday	5.30 - 7.00pm	OutSyn (1/3)	V	OO	*		
		Thursday	5.30 - 7.00pm	OutSyn (1/3)	V	OO	*		
Handball	Mixed Team	Various	Various	EXT	P	OOO	***	✓	£15 (+ £45 Team)
		Monday	7.30 - 9.00am	SH2	P	O	*		
		Wednesday	5.30 - 7.00pm	SH1 - Court B	V	OO	*		
		Wednesday	5.30 - 7.00pm	SH1 - Court C	V	OO	*		
		Wednesday	5.30 - 7.00pm	SH1 - Court C	V	OO	*		
Hockey	Mens 1s	Monday	7.30 - 9.00am	SH2	P	OOO	***	✓	£19.50
		Wednesday	5.30 - 7.00pm	SH1 - Court B	V	OO	*		
		Wednesday	5.30 - 7.00pm	SH1 - Court C	V	OO	*		
		Wednesday	5.30 - 7.00pm	SH1 - Court C	V	OO	*		
		Wednesday	5.30 - 7.00pm	SH1 - Court C	V	OO	*		
Ice Skating	Mens 2s	Monday	8.30 - 10.00pm	EXT - Peffermill	P	OOO	***	✓	£35
		Monday	8.30 - 10.00pm	EXT - Peffermill	P	OOO	***	✓	
		Monday	8.30 - 10.00pm	EXT - Peffermill	P	OOO	***	✓	
		Monday	8.30 - 10.00pm	EXT - Peffermill	P	OOO	***	✓	
		Monday	8.30 - 10.00pm	EXT - Peffermill	P	OOO	***	✓	
Kayak	Fitness	Friday	6.30 - 8.00pm	EXT - Meggetland	V	O	*		£15
		Friday	8.00 - 9.00am	SH1 - Court A	V	O	*		
		Friday	8.00 - 9.00am	SH1 - Court A	V	O	*		
		Friday	8.00 - 9.00am	SH1 - Court A	V	O	*		
		Friday	8.00 - 9.00am	SH1 - Court A	V	O	*		
Kayak	Open	Monday	8.15 - 9.45pm	EXT - Queensferry HS	V	OO	*		£60
		Tuesday	4.30 - 6.30pm	EXT - Pinkston	V	O	*		
		Monday	7.30 - 9.00am	Performance Gym	P	O	*		
		Friday	7.30 - 9.00am	Performance Gym	P	O	*		
		Monday	8.00 - 8.00pm	SH2 - Climbing Wall	V	O	*		
Lifting	Open	Monday	Excursions + Trips	Various	V	O	*		£23
		Monday	7.30 - 9.00am	SH1 - Court A	V	OOO	***	✓	
		Monday	7.30 - 9.00am	SH1 - Court A	V	OOO	***	✓	
		Monday	7.30 - 9.00am	SH1 - Court A	V	OOO	***	✓	
		Monday	7.30 - 9.00am	SH1 - Court A	V	OOO	***	✓	
Mountaineering	1s & 2s	Tuesday	7.45 - 8.45am	S&C Gym	P	OOO	***	✓	£20 (+ £15 Team)
		Thursday	5.30 - 7.00pm	SH1	P	OOO	***	✓	
		Thursday	5.30 - 7.00pm	SH1	P	OOO	***	✓	
		Wednesday	1.00 - 2.30pm	SH1	V	O	*		
		Monday	5.00 - 7.00pm	OutSyn	P	OOO	***	✓	
Netball	Mens	Monday	8.30 - 10.00pm	AcSyn	P	OO	*		£35
		Monday	8.30 - 10.00pm	AcSyn	P	OO	*		
		Monday	8.30 - 10.00pm	AcSyn	P	OO	*		
		Monday	8.30 - 10.00pm	AcSyn	P	OO	*		
		Monday	8.30 - 10.00pm	AcSyn	P	OO	*		
Rugby	S&C	Various	Various	S&C Gym	P	OOO	***		£40
		Monday	7.30 - 9.00am	SH1 - Court A	V	OOO	***	✓	
		Monday	7.30 - 9.00am	SH1 - Court A	V	OOO	***	✓	
		Monday	7.30 - 9.00am	SH1 - Court A	V	OOO	***	✓	
		Monday	7.30 - 9.00am	SH1 - Court A	V	OOO	***	✓	
Snowsports	Beginner Ski	Tuesday	7.30 - 9pm	SH2	P	OO	*		£25 (+ £95 Team)
		Wednesday	2.45 - 4.15pm	EXT - Hillend	P	OO	*		

