



Training										
Sport	Session	Day	Time	Venue	Coach	Commitment	Standard	Trials	Membership	
Aikido	Mixed	Tuesday	7.30 - 9.30pm	Stu1	P	O	*		E19	
		Saturday	5.30 - 7.30pm			O	*			
	Video Analysis	Tuesday	6.45 - 7.45pm	Chapman Suite	V	OO	*		E82 (incl. Flag Football )	
	Mixed	Tuesday	8.00 - 10.00pm	OutSyn	V	OO	*			
	S&C	Wednesday	1.15 - 2.15pm	S&C Gym	P	OO	*			
American Football	Mixed	Friday	8.30 - 10.00pm	AcSyn	V	OO	*			
	Flag Football	Wednesday	2.30 - 4.00pm	AcSyn	V	O	*		E22 (access to Flag Football only)	
Archery	Mixed	Tuesday	6.45 - 9.45pm	SH2	V	O	*		E30	
	Team	Wednesday	12.30 - 3.00pm			OO	***			
Athletics	Mixed	Friday	6.45 - 9.45pm		P	O	*		E25	
	S&C	Monday	7.30 - 8.30pm	Performance Gym	P	OOO	***			
	Social Run	Tuesday	5.30 - 6.30pm	HW Campus Run	V	OO	**			
	Track Session	Wednesday	3.00 - 4.30pm	EXT - Saughton Track	P	OO	**			
	Endurance/Sprint	Friday	5.30 - 6.30pm	EXT-Saughton Park	V	OO	**			
Badminton	Parlrun	Saturday	9.30am	Orlam Walled Garden	V	O	**		E35	
	Endurance	Sunday	5.30 - 6.30pm	EXT - Saughton	V	O	**			
	Open	Monday	5.30 - 7.00pm	SH1 - Court A	V	O	*			
	Team	Monday	8.15 - 9.45pm	SH2	P	OOO	***	✓		
	Open Rac	Tues, Thurs	11.00 - 12.00pm		V	O	*			
Basketball	Team	Wednesday	2.30 - 4.00pm	SH1 - Court C	P	OOO	***	✓	E20 (+ E35 team)	
	Team	Thursday	5.15 - 6.45pm	SH2	P	OOO	***	✓		
	Open	Thursday	6.45 - 8.15pm	SH2	V	O	*			
	Team	Monday	8.15 - 9.45pm		P	OOO	***	✓		
	Mens	Monday	5.30 - 7.00pm	SH1	P	OOO	***	✓		
Boat	Womens	Friday	7.30 - 9.00am	SH2		P	OOO	***	E25 (+ E25 Team)	
	S&C	Tuesday	5.30 - 7.00pm	SH1 - Court A	P	OOO	***	✓		
	Rec	Thursday	6.45 - 7.45pm	S&C Gym	P	OOO	***	✓		
	Rec	Friday	4.00 - 5.30pm	SH1 - Court A	V	O	*			
	Open	Friday	4.30 - 6.00pm	SH1 - Court A	V	O	*			
Boxing	Land Training	Mon, Wed, Fri	11.00 - 12.00pm	SH2	V	O	*		E65 (+ E85 Competitive)	
	Water Session	Monday	5.15 - 6.45pm	Orlam Reception	V	OO	**			
	Water Session	Wednesday	1.00 - 4.00pm	EXT - Canal	V	OO	**			
	Water Session	Saturday	8.00 - 1.00pm	EXT - Strathclyde Park	P	OOO	***			
	Water Session	Sunday	8.00 - 1.00pm	EXT - Strathclyde Park	P	OOO	***			
Cheerleading	Erg Sessions - Open	Daily	Orlam Opening	Rowing Studio	V	OO	*		E22	
	Open	Monday	5.15 - 6.45pm		P	O	*			
	Open	Tuesday	5.15 - 6.45pm	SH2	V	O	*			
	Open	Wednesday	4.00 - 6.00pm		V	O	*			
	Open	Friday	5.15 - 6.45pm		V	O	*			
Cycling	Pom - Rac	Monday	6.00 - 7.00pm	Stu2	V	O	*		E35	
	Pom - Team	Monday	7.00 - 8.00pm	Stu2	V	OO	**	✓		
	Mixed	Wednesday	7.00 - 9.00am		V	OO	**			
	Mixed	Wednesday	2.15 - 4.15pm	Stu1	V	OOO	**	✓		
	Team	Sunday	3.00 - 9.00pm		P	OOO	**	✓		
Cricket	Fielding	Friday	7.00 - 8.00pm		V	OOO	**	✓	E22 (+ E10 team)	
	Nets	Tuesday	7.30 - 9.00am	AcSyn	V	O	*			
Dance	Nets	Sunday	9.00 - 10.00am	EXT- James Gillespie HS	V	O	*		E29 (+ E34 Mountain Biking)	
	Open	Various		EXT	-	O	*			
Dance	Jazz (Team)		5.30 - 6.15pm			OO	**	✓	E25	
	Jazz (Rec)		6.15 - 7.00pm			O	*			
	Street (Rec)	Tuesday	7.00 - 7.45pm	Stu2		O	*			
	Street (Team)	Tuesday	7.45 - 8.30pm			OO	**	✓		
	Lyrical (Team)		1.15 - 2.00pm	Stu1		OO	**	✓		
	Lyrical (Rec)		2.00 - 2.45pm			O	*			
	Ballet (Rec)	Wednesday	2.45 - 3.30pm		V	O	**	✓		
	Ballet (Comp)		3.30 - 4.15pm			O	**	✓		
	Contemporary (Rec)		4.15 - 5.00pm	Stu1		O	*	✓		
	Contemporary (Team)		5.00 - 5.45pm	Stu2		O	*	✓		
Equestrian	Highland (Team)		5.30 - 6.15pm			OO	**	✓	E32 (+ E40 Team)	
	Highland (Rec)		6.15 - 7.00pm	Stu2		O	*			
	Tap (Rec)	Thursday	7.00 - 7.45pm			O	*			
	Tap (Team)		7.45 - 8.30pm			OO	**	✓		
	Fitness	Tuesday	8.00 - 9.00am	Stu2	V	O	*			
Fencing	Competition Teams	Wednesday	9.00 - 10.00pm	EXT - Easterton	V	OOO	***		E33	
	Beginner/Intermediate	Wednesday	10.00 - 11.00am	EXT - Lasswade	V	O	*			
Football	Mixed	Wednesday	3.00 - 4.30pm	SH2 - Court 3&4	P	OO	**	✓	E45 (+ E35 Team)	
	Mixed	Wednesday	4.30 - 6.00pm		P	OO	**	✓		
	Mixed	Friday	5.15 - 6.45pm		V	O	*			
	Mens 1s	Monday		OutSyn		OOO	***	✓		
	Mens U20	Thursday	7.00 - 8.30pm	AcSyn	P	OOO	***	✓		
Futsal	Mens 3s	Monday		OutSyn		OOO	***	✓	E45 (+ E35 Team)	
	Mens 4s	Thursday		AcSyn		OOO	***	✓		
	Mens 5s	Monday		InSyn		OOO	***	✓		
	Mens 6s	Thursday		OutSyn		OOO	***	✓		
	Intramural Football	Monday	5.30 - 7.00pm	InSyn	V	OO	**	✓		
Gaelic Football	Womens	Monday	6.00 - 10.00pm	OutSyn	P	OO	*		E30 (+ E15 Team)	
	Womens	Monday	7.00 - 8.30pm	AcSyn	P	OO	**	✓		
	Team	Tuesday	7.30 - 9.00am	SH2	V	OO	**	✓		
	Team	Wednesday	2.30 - 4.00pm	SH1 - Court B	V	OO	**	✓		
	Recreational	Wednesday	4.00 - 5.00pm	SH1 - Court B/C	V	O	*			
Golf	Mens	Tuesday		InSyn (1/4)		O	*		E22	
	Mens	Thursday		OutSyn (1/5)	V	OO	*			
	Mens	Tuesday		InSyn (1/4)		O	*			
	Mens	Thursday		OutSyn (1/5)		O	*			
	Mens	Thursday		OutSyn (1/5)		O	*			
Handball	Mixed Team	Various		EXT	P	OOO	***	✓	E15 (+ E45 Team)	
	Mixed Open	Various		EXT	P	OOO	***	✓		
	Mixed	Monday	7.30 - 9.00am	SH2		O	*			
	Women	Wednesday	5.30 - 7.00pm	SH1 - Court B	V	OO	*			
	Men	Wednesday	5.30 - 7.00pm	SH1 - Court C	V	OO	*			
Hockey	Men	Wednesday	5.30 - 7.00pm	SH1 - Court C	V	OO	*		E35	
	Mens 1s	Monday		OutSyn		OOO	***	✓		
	Womens 1s	Monday	8.30 - 10.00pm	EXT - Peffermill	P	OOO	***	✓		
	Mens 2s	Monday		OutSyn		OO	**	✓		
	Womens 2s	Monday		InSyn	V	OO	**	✓		
Ice Skating	Fitness	Friday	8.00 - 9.00am	SH1 - Court A	V	O	*		E15	
	Open	Monday		EXT - Murrayfield Ice Arena	V	O	*			
	Open	Tuesday	8.15 - 9.45pm	EXT - Queensferry HS	V	OO	*			
	Open	Thursday	8.15 - 9.45pm	EXT - Queensferry HS	V	OO	*			
	Open	Friday	8.15 - 9.45pm	EXT - Queensferry HS	V	OO	*			
Kayak	Open	Monday	7.30 - 8.00pm	EXT - Pirbright	P	O	*		E40	
	Open	Monday	7.30 - 8.00pm	Performance Gym	P	O	*			
	Open	Monday	6.30 - 8.00pm	Performance Gym	P	O	*			
	Open	Monday	6.00 - 8.00pm	SH2 - Climbing Wall	V	O	*			
	Open	Monday	6.00 - 8.00pm	SH2 - Climbing Wall	V	O	*			
Mountaineering	Excursions + Trips	Various		Various	V	OOO	***	✓	E23	
	Excursions + Trips	Various		Various	V	OOO	***	✓		
	Excursions + Trips	Various		Various	V	OOO	***	✓		
	Excursions + Trips	Various		Various	V	OOO	***	✓		
	Excursions + Trips	Various		Various	V	OOO	***	✓		
Netball	1s & 2s	Monday	7.30 - 8.00pm	SH1 - Court A	V	OOO	***	✓	E20 (+ E15 Team)	
	1s & 2s	Tuesday	7.45 - 8.45am	S&C Gym	P	OOO	***	✓		
	1s & 2s	Thursday	5.30 - 7.00pm	SH1	P	OOO	***	✓		
	1s & 2s	Thursday	1.00 - 2.30pm	SH1	P	OOO	***	✓		
	1s & 2s	Thursday	5.30 - 7.00pm	SH1	P	OOO	***	✓		
Rugby	Recreational Club	Wednesday	5.00 - 7.00pm	SH1	P	O	*		E35	
	Recreational Club	Wednesday	5.00 - 7.00pm	SH1	P	O	*			
	Recreational Club	Wednesday	5.00 - 7.00pm	SH1	P	O	*			
	Recreational Club	Wednesday	5.00 - 7.00pm	SH1	P	O	*			
	Recreational Club	Wednesday	5.00 - 7.00pm	SH1	P	O	*			
Snowsports	Mens	Friday	3.00 - 5.00pm	OutSyn	P	OOO	***	✓	E40 (+ E20 Team)	
	Mens	Friday	3.00 - 5.00pm	OutSyn	P	OOO	***	✓		
	Mens	Friday	3.00 - 5.00pm	OutSyn	P	OOO	***	✓		
	Mens	Friday	3.00 - 5.00pm	OutSyn	P	OOO	***	✓		
	Mens	Friday	3.00 - 5.00pm	OutSyn	P	OOO	***	✓		
Squash	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E40 (+ E20 Team)	
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
Swimming	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E40 (+ E20 Team)	
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
Table Tennis	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E40 (+ E20 Team)	
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
Taekwondo	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E40 (+ E20 Team)	
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
Tennis	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E40 (+ E20 Team)	
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E22 (+ E10 Team)	
Volleyball	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			E22 (+ E10 Team)
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
Volleyball	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E22 (+ E30 Team)	
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
Volleyball	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E22 (+ E30 Team)	
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
Volleyball	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E22 (+ E30 Team)	
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
Volleyball	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E22 (+ E30 Team)	
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
Volleyball	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E22 (+ E30 Team)	
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
Volleyball	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E22 (+ E30 Team)	
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
Volleyball	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		E22 (+ E30 Team)	
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**			
	Womens	Monday	8.30 -							