



All sessions **must be booked** through the Native bookings system.

Details correct at time of printing. All sessions are subject to change. Live detail available on the session page on Native. Some sessions are at external facilities - meet time, location and transport information available on the session page. EXT refers to an off-campus taster.

Download the Oriam App for tasters, bookings and memberships

| Sport<br>Oriam 1        | Activity            | Date<br>Mon 2nd - Sat 8th             | Location                   | Time<br>11:00 & 15:00                   | Link<br>Book Now     |
|-------------------------|---------------------|---------------------------------------|----------------------------|---|----------------------|
| Oriam                   |                     |                                       | Oriam Reception            |   | Book Now             |
| Aikido                  | Open                | Sunday 8th Sept                       | Studio 1                   | 12:45 - 15:00                           | Book Now             |
|                         | ·                   | Tuesday 10th Sept                     |                            | 19:30 - 21:30                           | Book Now             |
|                         | Open                | Thursday 5th Sept                     | Academy Synthetic          | 20:30 - 10:00                           | Book Now             |
| American Football       |                     | Tuesday 10th Sept                     | Indoor Synthetic           | 20:30 - 22:00                           | Book Now             |
|                         | Flag                | Wednesday 11th Sept                   | Academy Synthetic          | 14:30 - 16:00                           | Book Now             |
| Archery                 | Open                | Friday 6th Sept                       | Sports Hall 2              | 19:00 - 21:45                           | <u>Book Now</u>      |
|                         |                     | Saturday 7th Sept                     |                            | 15:00 - 18:00                           | Book Now             |
| Auh 1 - 11              | Sprints/Hills       | Monday 9th Sept                       | Oriam Reception            | 17:00 - 18:00                           | Book Now             |
| Athletics               | Track               | Wednesday 11th Sept                   | EXT - Saughton             | 15:00 - 16:30                           | Book Now             |
|                         | Beginners           |                                       |                            | 17:30 - 18:45                           | Book Now             |
|                         | Intermediate        | Thursday 5th Sept                     |                            | 18:45 - 20:00                           | Book Now             |
| Badminton               |                     | Saturday 7th Sept                     | Sports Hall 2              | 11:00 - 13:00                           | Book Now             |
|                         | Open                | Monday 9th Sept                       |                            | 18:45 - 21:00                           | Book Now             |
|                         | Wamang              |                                       | Sports Hall 1 Court A      | <u>16:30 - 18:00</u>                    |                      |
| Deelvethell             | Womens              | Friday 6th Sept                       | Sports Hall 1, Court A     | • | Book Now             |
| Basketball              | Mens                | Sunday 8th Sept                       | Sports Hall 1              | 12:30 - 14:00                           | Book Now             |
|                         | Rec                 | Tuesday 10th Sept                     | Sports Hall 1, Court A     | 16:00 - 17:30                           | <u>Book Now</u>      |
|                         | Ergs - Women        | Thursday 5th Sept                     | Rowing Studio              | 15:00 - 15:45                           | <u>Book Now</u>      |
|                         | Ergs - Open         | Thursday 5th Sept                     | Rowing Studio              | 16:00 - 16:45                           | <u>Book Now</u>      |
|                         | Rowing              | Saturday 7th Sept                     | Strathclyde Park           | 12:00 - 15:30                           | <u>Book Now</u>      |
| Boat                    | Rowing              | Sunday 8th Sept                       | Strathclyde Park           | 12:00 - 15:30                           | Book Now             |
| DUdi                    | Ergs - Open         | Tuesday 10th Sept                     | Rowing Studio              | 16:00 - 16:45                           | <u>Book Now</u>      |
|                         | Ergs - Open         | Thursday 12th Sept                    | Rowing Studio              | 11:00 - 11:45                           | Book Now             |
|                         | Rowing              | Saturday 14th Sept                    | EXT - Strathclyde Park     | 12:00 - 15:30                           | Book Here            |
|                         | Rowing              | Sunday 15th Sept                      | EXT - Strathclyde Park     | 07:30 - 13:00                           | Book Here            |
| Boccia                  | Open                | Monday 9th Sept                       | Sports Hall 1, Court A     | 15:00 - 16:30                           | Book Now             |
|                         |                     | Friday 6th Sept                       |                            | 15:45 - 17:15                           | Book Now             |
| Boxing                  | Open                |                                       | Sports Hall 2              | 17:15 - 18:45                           | Book Now             |
|                         |                     | Monday 9th Sept                       |                            | ·                                       |                      |
|                         | Pom                 | Thursday 5th Sept                     | Studio 1                   | 16:00 - 17:30                           | Book Now             |
| Cheerleading            | Open                | Sunday 8th Sept                       |                            | 18:00 - 21:00                           | Book Now             |
|                         | ·└────────↓         | Wednesday 11th Sept                   |                            | 14:00 - 16:00                           | <u>Book Now</u>      |
| Cricket                 | Open                | Saturday 7th Sept                     | Sports Hall 2              | 13:00 - 15:00                           | <u>Book Now</u>      |
|                         | Nets                | Sunday 8th Sept                       | EXT - James Gillespie HS   | 09:00 - 10:00                           | Book Now             |
|                         | Road - Intermediate | Thursday 5th Sept                     | External                   | 10:00 - 18:00                           | Book Now             |
| Cycling                 | Mountain - Int/Adv  | Saturday 7th Sept EXT - Glentress 10: | 10:00 - 17:00              | <u>Book Now</u>                         |                      |
|                         | Open                | Wednesday 11th Sept                   | EXT - Pentlands            | 14:00 - 18:00                           | <u>Book Now</u>      |
|                         | Contemp             |                                       | Studio 1                   | 15:00 - 15:45                           | Book Now             |
|                         | Lyrical             |                                       |                            | 16:30 - 17:15                           | Book Now             |
|                         | Ballet              | Thursday 5th Sept                     |                            | 18:30 - 19:15                           | Book Now             |
| Dance                   | Street              | · · ·                                 | Studio 2                   | 19:15 - 20:00                           | Book Now             |
|                         | Highland            |                                       |                            | 20:00 - 20:45                           | Book Now             |
|                         | Jazz                |                                       | Studio 1                   | 15:00 - 15:45                           | Book Now             |
|                         |                     | Friday 6th Sept                       | Studio 2                   | 15:45 - 16:30                           | Book Now             |
| Equestrian              | Тар                 | Wednesday 11th Sent                   |                            |   |                      |
| Equestrian              | Open                | Wednesday 11th Sept                   | ТВС                        | 11:00 - 14:00                           | Book Now             |
| Fencing                 | Open                | Friday 6th Sept                       | Sports Hall 2              | 17:15 - 18:45                           | Book Now             |
|                         | ┝━━━━━━━━┥          | Wednesday 11th Sept                   |                            | 16:30 - 18:00                           | Book Now             |
|                         | Mens                | Monday 2nd Sept                       | Indoor Pitch               | 17:30 - 19:00                           | <u>Book Now</u>      |
| Football                | Womens              | monday zna ocpt                       | Academy Synthetic          | 20:30 - 22:00                           | Book Now             |
|                         | woniens             | Friday 6th Sept                       | Indoor Pitch               | 12:30 - 14:00                           | Book Now             |
|                         | Open                | Thursday Eth Cont                     | Sports Hall 1, Court A     | 16:00 - 17:30                           | Book Now             |
| Futsal                  | Womens              | Thursday 5th Sept                     |                            | 10.00 - 17:30                           | <b>Book Now</b>      |
|                         | Open                | Sunday 8th Sept                       | Sports Hall 2              | 11:00 - 12:30                           | <b>Book Now</b>      |
|                         | Open                | Thursday 5th Sept                     | Grass Rugby 1              | 17:30 - 19:00                           | Book Now             |
| Gaelic Football         | Mens                |                                       |                            | 11:30 - 13:00                           | Book Now             |
|                         | Womens              | Saturday 7th Sept                     | Academy Synthetic          | 13:00 - 14:30                           |                      |
|                         | woniens             | Thursday 5th Cant                     |                            | 13.00 - 14.30                           | Book Now             |
| Golf                    | Driving Range       | Thursday 5th Sept                     | Squash Courts              | 12:00 - 14:00                           | Book Now             |
|                         | ┝━━━━━━━┥           | Tuesday 10th Sept                     |                            |   | Book Now             |
| Handball                | Open                | Thursday 5th Sept                     | Sports Hall 1, Court B     | 15:00 - 16:30                           | Book Now             |
| Hockey                  | Open                | Monday 9th Sept                       | EXT - Peffermill Astro     | 20:30 - 22:00                           | Book Now             |
| Ice Skating             | Ice Skating         | Thursday 5th Sept                     | EXT - Murrayfield Ice Rink | 18:15 - 21:00                           | Book Now             |
| Kayak                   | Pool session        | Tuesday 10th Sept                     | EXT - Balerno HS           | 20:00 - 21:30                           | Book Now             |
|                         | Power               |                                       |                            | 10.00                                   | Book Now             |
| Lifting                 | Weight              | Friday 6th Sept                       | Performance Gym            | 18:30 - 20:30                           | Book Now             |
|                         |                     | Friday 6th Sept                       | EXT - Alien Rock           |   | Book Now             |
| Mountaineering          | Open                |                                       |                            | 10:00 - 16:00                           | Book Now             |
| wountaineering          | Open                | Saturday 7th Sept                     | EXT - The Climbing Hangar  | 12.00 15.00                             |                      |
|                         |                     | Sunday 8th Sept                       | EXT - Pentland Hills       | 12:00 - 15:00                           | Book Now             |
|                         | Open                | Thursday 5th Sept                     | Sports Hall 1              | 17:30 - 19:00                           | Book Now             |
| Netball                 |                     |                                       |                            |   |                      |
| <u>Netball</u><br>Rugby | Mens                | Friday 6th Sept                       | Indoor Pitch               | 14:00 - 16:00<br>17:00 - 19:00          | Book Now<br>Book Now |

| Sport            | Activity          | Date                | Location                 | Time          | Link            |
|------------------|-------------------|---------------------|--------------------------|---------------|-----------------|
| Snowsports       | Rec Session       | Sunday 8th Sept     | EXT - Hillend            | 13:30 - 15:00 | Book Now        |
|                  | Lessons and rec   | Tuesday 10th Sept   |                          | 19:30 - 21:00 | <u>Book Now</u> |
|                  | Freestyle & Race  | Wednesday 11th Sept |                          | 14:25 - 16:15 | <u>Book Now</u> |
| Squash           | Women's           | Friday 6th Sept     | Squash Courts            | 15:30 - 16:30 | Book Now        |
|                  | Beginners         |                     |                          | 16:30 - 17:30 | <u>Book Now</u> |
|                  | Intermediate      |                     |                          | 17:30 - 18:30 | <u>Book Now</u> |
| Swimming         |                   | Thursday 5th Sept   | EXT - James Gillespie HS | 20:45 - 21:45 | Book Now        |
|                  | Open              | Friday 6th Sept     |                          | 20:30 - 21:45 | <u>Book Now</u> |
|                  |                   | Monday 9th Sept     | Ext - Queensferry HS     | 20:45 - 21:45 | Book Now        |
| Table Tennis     | Open              | Friday 6th Sept     | Studio 1 & SQ 7+8        | 19:00 - 21:00 | Book Now        |
| Taekwondo        | Open              | Thursday 5th Sept   | Studio 1                 | 19:15 - 21:45 | Book Now        |
| Tennis           | Racketlon         | Monday 2nd Sept     | Various                  | 17:00 - 19:30 | Book Now        |
|                  | Drop-in & Play    | Tuesday 3rd Sept    | Tennis Courts            | 12:00 - 16:00 | <u>Book Now</u> |
|                  | Intermediate/Adv  | Thursday 5th Sept   |                          | 14:00 - 16:00 | <u>Book Now</u> |
|                  | Beginner          | Friday 6th Sept     |                          | 17:00 - 18:00 | <u>Book Now</u> |
|                  | Beginner/Improver |                     |                          | 18:00 - 19:00 | <u>Book Now</u> |
|                  | Beginners         | Monday 9th Sept     |                          | 16:00 - 18:00 | <u>Book Now</u> |
|                  | Beginner/Improver |                     |                          | 17:00 - 18:00 | <u>Book Now</u> |
|                  | Drop-in & Play    | Tuesday 10th Sept   |                          | 12:00 - 16:00 | Book Now        |
| Ultimate Frisbee | Open              | Saturday 7th Sept   | Indoor Pitch 1/2         | 12:30 - 13:00 | Book Now        |
|                  |                   | Wednesday 11th Sept | Academy Synthetic        | 16:00 - 17:30 | <u>Book Now</u> |
| Volleyball       | Womens            | Thursday 5th Sept   | Sports Hall 1, Court C   | 16:00 - 17:30 | Book Now        |
|                  | Mens              | Friday 6th Sept     | Sports Hall 1            | 16:30 - 18:00 | Book Now        |
|                  | Women             | Monday 9th Sept     | Sports Hall 1, Court C   | <u> </u>      | Book Now        |
|                  |                   |                     |                          | <b>_</b>      |                 |