

Sport	Session	Day	Time	Venue	Coach	Commitment	Standard	Trials	Membership		
Aikido	Mixed	Tuesday	7.30 - 9.30pm	Stu1	P	O	x		£30.00		
		Saturday	5.30 - 7.30pm			O	x				
		Sunday	1.00 - 3.00pm			O	x				
American Football	Video Analysis	Tuesday	7.00 - 8.00pm	Chapman Suite	V	OO	x		£90.00 (incl. Flag Football)		
	Mixed	Tuesday	8.00 - 10.00pm	DutSyn	V	OO	x				
	S&C	Wednesday	1.15 - 2.15pm	S&C Gym	P	OO	x				
	Mixed	Thursday	8.30 - 10.00pm	AcSyn	V	OO	x		£25.00 (access to Flag Football only)		
Flag Football	Wednesday	2.30 - 4.00pm	AcSyn	V	O	x					
Archery	Mixed	Tuesday	6.45 - 9.45pm	SH2	P	O	x		£30.00		
	Team	Wednesday	12.30 - 3.00pm		V	OO	xxx				
	Mixed	Friday	7.00 - 9.45pm		P	O	x				
Athletics	S&C	Thursday	7.30 - 8.30pm	Performance Gym	P	OOO	xx		£60.00		
	Track Session	Wednesday	3.00 - 4.30pm	EXT - Saughton Track	P	OO	xx				
	Track Session	Friday	7.00 - 8.00pm	EXT - Saughton Track	V	OO	xx		£32.00		
	Parkrun	Saturday	9.30am	Oriam Walled Garden	V	O	x				
	Social Run	Saturday	11am	EXT - Meadows	V	OO	x				
	Open	Monday	5.30 - 7.00pm	SH1 - Court A	V	O	x			£25.00 (+ £20 team)	
	6.45 - 8.15pm		V	O	x						
Team	8.15 - 9.45pm		SH2	P	OOO	xxx	+				
Open Rec	Tuesday	3.00 - 4.00pm		V	O	x		£25.00 (+ £20 team)			
Team	Wednesday	3.00 - 4.00pm	SH2	P	OOO	xxx	+				
Team	Thursday	5.15 - 6.45pm		P	OOO	xxx	+				
Development Team		6.45 - 7.45pm	SH2	P	OO	xx	+				
Rec		7.45 - 9.45pm		V	O	x					
Basketball	Mens	Monday	5.30 - 7.00pm	SH1 - Court B	P	OOO	xxx	+	£35.00 (+ £30 Team)		
	Womens	Friday	7.30 - 9.30am	SH1 - Court A	P	OOO	xxx	+			
		Monday	7.00 - 9.00am	SH1 - Court C	P	OO	xx	+			
		Tuesday	5.30 - 7.00pm	SH1 - Court A	P	OO	xx	+			
	Rec	Tuesday	4.30 - 6.00pm	SH1 - Court A	V	O	x				
		Friday		SH1 - Court A	V	O	x				
Boat (Rowing)	Open	Mon, Wed, Fri	11.00 - 12.00pm	SH2	V	O	x		£80.00 (+ £100 Competitive)		
	Land Training	Monday	5.15 - 6.45pm	Oriam Reception	V	OO	xx				
	Water Session	Saturday	8.00 - 1.00pm	EXT - Strathclyde Park	P	OOO	xxx				
	Water Session	Sunday	8.00 - 1.00pm	EXT - Strathclyde Park	P	OOO	xxx				
Erg Sessions - Open	Daily	Oriam Opening	Rowing Studio	V	OO	x					
	Boxing	Open	Monday	5.15 - 6.45pm	SH2	P	O	x		£25.00	
Tuesday			5.15 - 6.45pm	P		O	x				
Wednesday			4.00 - 6.00pm	V		O	x				
Friday			4.00 - 5.30pm	V		O	x				
Cheerleading	Pom - Rec	Tuesday	5.00 - 5.45pm	Stu1	V	O	x		£40.00		
	Pom - Team		5.45 - 6.30pm		V	OO	xx	+			
	Mixed		7.00 - 9.00am		V	OO	x				
		Wednesday	2.15 - 4.15pm	Stu1	V	OOO	xx				
		Sunday	3.00 - 9.00pm		P	OOO	xx	+			
Cricket	Open	Wednesday	1.00-2.30pm	AcSyn	V	O	x		£30.00 (+ £20 team)		
	Nets	Sunday	tbc	EXT- James Gillespie HS	V	O	x				
Cycling	Open	Various		EXT	-	O	xx		£40.00		
Dance	Highland (Comp)	Tuesday	5.30 - 6.15pm	Stu2		OO	xx	+	£35.00		
	Highland (Rec)		6.15 - 7.00pm			O	x				
	Tap (Rec)		7.00 - 7.45pm			O	x				
	Tap (Comp)		7.45 - 8.30pm			OO	xx	+			
	Jazz (Rec)	Wednesday	1.00 - 1.45pm	Stu1	V	OO	xx	+			
	Jazz (Comp)		2.00 - 2.45pm			O	x				
	Lyrical (Rec)		2.45 - 3.30pm			O	x				
	Lyrical (Comp)		3.30 - 4.15pm			OO	xx	+			
	Contemporary (Rec)		4.15 - 5.00pm	Stu1		O	x				
	Contemporary (Comp)		5.00 - 5.45pm	Stu2		OO	xx	+			
	Ballet (Comp)		5.30 - 6.15pm			OO	xx	+			
	Ballet (Rec)		6.15 - 7.00pm	Stu2		O	x				
	Street (Rec)	7.00 - 7.45pm	O			x					
	Street (Comp)	7.45 - 8.30pm	OO			xx	+				
Competition Teams	tbc	OOO	xxx								
Beginner/Intermediate	Wednesday	tbc	EXT - Easterton	P	O	x					
Fencing	Mixed	Wednesday	3.00 - 4.30pm	SH2 - Court 3&4	P	OO	x		£37.50		
			4.30 - 6.00pm		P	OOO	xxx	+			
		Friday	4.00 - 5.30pm		V	O	x				
Football	Mens 1s	Monday	7.00 - 8.30pm	OutSyn		OOO	xxx	+	£50.00 (+£38 Team)		
		Thursday	7.00 - 8.30pm	AcSyn		OOO	xxx	+			
	Mens 2s	Monday	5.00 - 7.30pm	InSyn	P	OOO	xxx	+			
		Thursday	7.00 - 8.30pm	OutSyn		OOO	xxx	+			
	Mens 3s/20s	Monday	7.00 - 8.30pm	OutSyn		OOO	xxx	+	£50.00		
		Thursday	5.00 - 7.30pm	AcSyn		OOO	xxx	+			
	Mens 4s	Monday	5.30 - 7.00pm	InSyn	V	OO	xx	+			
	Mens 5s					OO	xx	+			
	Mens 6s					OO	xx	+			
	Intramural Football	Sunday	5.00 - 10.00pm	DutSyn		O	x		Weekly Fee		
Futsal	Team	Monday	7.00 - 8.30pm	AcSyn		OO	xx	+	£50.00		
		Friday	7.30 - 9.00am	OutSyn	P	OO	x				
		Friday	9.15 - 10.15am	S&C Gym	OO	+	+				
Futsal	Team	Tuesday	7.30 - 9.00am	SH2	V	OO	xx	+	£30.00 (+ £25 Team)		
		Wednesday	2.30 - 4.00pm	SH1- Court B	V	OO	xx	+			
	Women's	Thursday	4.00 - 5.30pm	SH2	V	O	x				
	Recreational	Wednesday	4.00 - 5.00pm	SH1- Court B/C	V	O	x				
Gaelic Football	Mens	Tuesday	5.30 - 7.00pm	InSyn (1/4)	V	O	x		£30.00		
		Thursday		DutSyn (1/3)		OO	x				
	Womens	Tuesday		InSyn (1/4)		OO	x				
		Thursday		DutSyn (1/3)		OO	x				
Golf	Mixed Team	Various		EXT	P	OOO	xxx	+	£25.00 (+ £30 Team)		
	Mixed Open					O	x				
Handball	Team	Tuesday	7.00 -9.00am	SH1 - Court A&B	P	OO	xx		£25.00		
	Club	Wednesday	5.30 - 7.00pm	SH1 - Court B&C		OO	x				
Hockey	Mens 1s	Monday	8.30 - 10.00pm	EXT - Peffermill	P	OOO	xxx	+	£45.00		
	Womens 1s				P	OOO	xxx	+			
	Mens 2s				P	OO	xx				
	Womens 2s				P	OO	xx				
Ice Skating	Open	Thursday	6.15 - 9.00pm	EXT - Murrayfield Ice Arena	V	O	x		£25.00		
	Kayak	Open	Tuesday	8.00 - 9.30pm	EXT - Balerno HS	V	OO	x	£30.00		
Last Fri of month			8.00 - 9.00pm	EXT - Pinkston							
Fortnightly			8.00 - 9.00pm	EXT - Trips							
Lifting	Weightlifting	Tuesday	6.30 - 8.00pm	Performance Gym	P	O	x		£45.00		
	Weight & Powerlifting	Friday	6.30 - 8.00pm		P	O	x				
Mountaineering	Open	Monday	5.15 - 6.45pm	SH2	V	O	x		£25.00		
		Tuesday	5.15 - 6.45pm	SH2							
			Excursions + Trips	Various							
Netball	1s & 2s	Monday	7.15 - 8.45pm	SH1- Court A	V	OOO	xxx	+	£35.00 (+ £30 Team)		
	S&C	Tuesday	7.45 - 8.45am	S&C Gym	P	OOO	xxx	+			
	Recreational/ Club	Wednesday	1.00 - 2.30pm		V	O	x				
	Team Training	Thursday	5.30 - 7.00pm	SH1	P	OOO	xxx	+			
Rugby	Mens	Monday	4.00 - 7.00pm	OutSyn	P	OO	x		£50.00		
		Friday	3.00 - 5.00pm		P	OOO	xxx	+			
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	x				
		Friday	8.30 - 10.00am	AcSyn	P	OO	x				
	S&C	Various	Various	S&C Gym	P	OOO	xx				
Snowsports	S&C	Thursday	7.30 - 8.30pm	Performance Gym	P	OO	xx		£20.00		
	Intermediate Ski	Monday	7.30 - 8.30pm			OO	x				
	Beginner Ski	Tuesday	6.15 - 7.15pm	EXT - Hillend	P	OO	x			£25.00 (+ £95 Team)	
	Rec. Ski/Snowboard		O			xx					
	Ski Race/Freestyle		2.45 - 4.15pm			OOO	xxx	+			
	Squash	Beginners	Monday	5.30 - 6.30pm	SC 3-6	P	O	x			£45.00
Development Training		6.30 - 8.00pm		OO			xx	+			
Club Night		Tuesday		5.30 - 8.30pm			V	O	xx		
Racketball		Thursday		5.00 - 7.00pm			V	O	x		
Swimming	Open	Monday	8.00 - 9.30pm	EXT - Queensferry HS	P	OO	xx		£50.00		
	S&C	Tuesday	8.45 - 9.45am	S&C Gym	P	OOO	xxx	+			
	Land Session	Wednesday	7.45 - 8.45am	SH2	V	O	x				
	S&C	Thursday	6.30 - 7.30pm	Performance Gym	P	OOO	xxx	+			
	Open	Thursday	8.45 - 9.45pm	EXT - James Gillespie HS	P	OO	xx				
	Open	Friday	8.30 - 9.45pm	EXT - James Gillespie HS	P	OO	xx				
	Race Team	Sunday	tbc	tbc	P	OOO	xxx	+			
Table Tennis	Team	Thursday	5.00 - 7.00pm	TT Studio		OO	xx	+	£25.00 (+ £25 Team)		
	Recreational	Wednesday	5.00 - 7.00pm	TT Studio/SC	V	O	x				
	Team	Friday	5.00 - 6.30pm	TT Studio/SC		OO	xx	+			
	Club		6.30 - 8.30pm	Studio 1		O	x				
Taekwondo	Open	Monday	7.45 - 9.45pm	Stu1	P	O	x		£25.00		
		Thursday	7.00 - 9.45pm			O	x				
Tennis	Beginners Training	Monday	5.00 - 6.00pm		V	O	x		£35.00 (+ £30 Team)		
	Beginners Hitting		6.00 - 7.00pm			O	x				
	Intermediate Training		7.00 - 8.00pm			O	x				
	Intermediate/Dev Team Hitting		8.00 - 9.00pm			O	xx				
	Beginners Training		1.00 - 2.00pm			O	x				
	Beg/Inter Hitting	Wednesday	2.00 - 3.00pm	Indoor Tennis Courts	P	O	x				
	Intermediate Training		3.00 - 4.00pm			O	xx				
	Beginners Training		4.00 - 5.00pm			V	O	x			
	Development Training	Monday	9.00 - 10.00pm		V	OO	xx	+			
		Thursday	12.00 - 2.00pm		P	OO	xx	+			
		Tuesday	7.00 - 9.00am		P	OOO	xxx	+			
		Thursday	2.00 - 4.00pm		P	OOO	xxx	+			
	Sunday	7.00 - 9.00pm		V	OOO	xxx	+				
Ultimate Frisbee	Recreational	Last Sat of each month	5.00 - 7.00pm		V	O	x		£27.50 (+ £10.50 Team)		
	Experienced	Tuesday	7.30 - 9.00am	InSyn (1/2)	P	OOO	xxx				
	Mixed	Thursday	5.30 - 7.00pm	OutSyn (1/3)	V	OO	xx				
	Beginners	Wednesday	4.00 - 5.30pm	AcSyn	V	O	x				
Volleyball	Mens 1	Tuesday	5.30 - 7.00pm	SH1	P	OOO	xxx	+	£40.00 (+ £45 Team)		
	Womens 1	Tuesday	5.30 - 7.00pm		P	OOO	xx	+			
	Mens 2	Wednesday	7.00 - 9.00am		V	OO	xx	+			
	Mens 1 & Womens 1	Friday	7.00 - 9.00am		P	OO	xxx	+			
	Recreational	Monday	4.00 - 5.30pm		V	O	x				
		Wednesday	1.00 - 2.30pm		V	O	x				
		Friday	4.30 - 6.00pm		V	O	x				
	S&C	Monday	5.30 - 6.30pm		Performance Gym	P	OOO	xx		+	
	Monday	6.30 - 7.30pm	Hydro	P	OOO	xx	+				