

Sports Hall

	0600-0630	0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200
MON	Badminton M1s 0600-0730	Badminton W1s 0730-0900											IS Apps Football 1300-1400						Members	Scottish Parliament Football 1800-1900	Members	Basketball M 2000-2200										
	Basketball M2 0600-0730	Basketball M3 0730-0900																EU History Society Netball 1700-1800			Netball	Netball										
TUE	Basketball M1 0600-0730	Basketball W2 0730-0900																Scottish Widows 1700-1800	Basketball W1 1800-2000		Trampoline 2000-2200											
	Netball 3 0600-0730	Netball 4 0730-0900																		Volleyball M 1800-2000		Volleyball 2000-2200										
WED	Futsal M1 0600-0730	Futsal M3 0730-0900											Fixtures 1300-1530					Fixtures 1530-1800					Fixtures 1800-2000					Fixtures 2000-2200				
	Futsal M2 0600-0730	Lacrosse W1 0730-0900																														
THU	Badminton 2 0600-0730	Badminton 5 0600-0730	ISPEHS 0900-1215 (18/01-16/02) 0900-1115 (01/03 - 30/03)										Calum McQueen Football 1230-1330						George Heriots Basketball 2 x courts 1600-1700	SSPS Football 1700-1800	Members	Craig Morris BB 1900-2000	Basketball W1 2000-2200									
	Badminton 3 0600-0730	Badminton 4 0600-0730																							History Society 1800-1900	Ed Medics NB 1900-2000	Basketball M1 2000-2200					
FRI	Basketball W1 0600-0730	Basketball W1 0730-0900	ISPEHS 0900-1215 (18/01-16/02) 0900-1115 (01/03 - 30/03)											ISSTI Football 1300-1400						George Heriots Basketball 2 x courts 1600-1700	Gary Clapton Football 1700-1800	RDVC Netball 1800-1900	Vet Badminton 1900- 2000	Futsal M 2000-2200								
	Volleyball 0600-0730	Basketball W3 0730-0900																							Medics Basketball 1800-1900	Trampoline 1900-2100	Futsal W 2100-2200					
SAT							Fixture 0900-1100			Fixture 1100-1330			Fixture 1330-1530			Fixture 1530-1800			Fixture 1800-2000													
SUN							Fixtures 0900-1200			Fixtures 1200-1500			Fixture 1500-1700						Trampoline 1700-2000													
																			IM Nball		Futsal W 1800-2000											

Trust Upper Hall

	0600-0630	0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200
MON	Perf Rowing 0600-2200																															
TUE	Perf Rowing 0600-2200																															
WED	Perf Rowing 0600-2200																															
THU	Perf Rowing 0600-2200																										Eastern Amateur Rowing 2000-2100					
FRI	Perf Rowing 0600-2200																															
SAT							Perf Rowing 0900-1200			IM Bball	IM Bball	IM Bball	IM Bball	IM Bball	IM Bball	IM Bball	IM Bball															
SUN							Rec Netball 0900-1100			IM Nball		IM Nball		IM Nball		IM Nball													IM Nball			

Boxing Base

	0600-0630	0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200
MON																							members slot									
TUE																							members slot									
WED																							members slot									
THU																							members slot									
FRI																							members slot									
SAT	[Black]																		members slot				[Black]									
SUN	[Black]																		members slot				[Black]									

Squash Courts

	0600-0630	0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200
MON																										Squash Fixture (1-2) 1850-2130						
TUE	Squash (1-2) 0650-0810																					IM Squash (1-2) 1810-2130										
WED																	Squash (1-4) 1410-1610										Squash Fixture (1-2) 1850-2130					
THU	Squash (1-2) 0650-0810																					Squash (1-3) 1810-2200										
FRI																										IM Squash (1-2) 1810-2130						
SAT																																
SUN																			Squash (1-3) 1600-2000													

The Studio

	0600-0630	0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200	
MON	Kendo 0600-0730		Body Pump 0745-0830					Active for Life Fitness 1000-1100					Cardio Street Funk 1215-1300								Body Pump 1720-1805		Body Attack 1815-1900		<small>6-pack Attack 1905-1935</small>	Hatton Boxing 1945-2045		Athletics 2045-2200					
TUE	Body Attack 0645-0730											HiIT 1215-1245		Hatton Boxing 1300-1345								Body Combat 1720-1805		P90X 1815-1900		<small>Stretch & Roll 1910-1940</small>	Cardio Street Funk 1950-2035		Muay Thai 2035-2200				
WED				HiIT 0750-0820								Cardio Street Funk 1215-1300		Abs Blast 1310-1340				Body Pump 1445-1530		Body Attack 1545-1630					Hatton Boxing 1730-1815		Body Pump 1825-1910		Dance Fit 1920-2005		Kendo 2030-2200		
THU	Body Pump 0655-0740																					P90X 1720-1805		Body Attack 1815-1900		<small>Stretch & Roll 1910-1940</small>				Muay Thai 2030-2200			
FRI													Body Pump 1215-1300		HiIT 1315-1345								6-Pack Attack 1650-1720				Hatton Boxing 1825-1910		Dance Fit 1920-2005				
SAT						Dance Fit 0945-1030		Body Pump 1040-1125		Hatton Boxing 1145-1245					Paul Wood Dance 1430-1530		Kendo 1530-1830			Muay Thai 1830-1945													
SUN									Cardio Street Funk 1115-1200				Paul Wood Dance 1230-1430						Kendo 1500-1730														

Performance Gym

	0600-0630	0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200
MON																																
TUE																																
WED																										Novice Workshop 1900-2000	Weightlifting Ladies Workshop 2000-2100					
THU																																
FRI																																
SAT																																
SUN																																

Grapppling/Combat Zone

	0600-0630	0630-0700	0700-0730	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	1630-1700	1700-1730	1730-1800	1800-1830	1830-1900	1900-1930	1930-2000	2000-2030	2030-2100	2100-2130	2130-2200
MON																							members slot				Tim Beattie 2000-2100					
TUE																							members slot									
WED																							members slot									
THU																							members slot				Tim Beattie 2000-2100					
FRI																							members slot									
SAT	[Black]																	members slot		[Black]												
SUN	[Black]																	members slot		[Black]												