

| Day | 0500-0600 | 0600-0700 | 0700-0800 | 0800-0900 | 0900-1000 | 1000-1100 | 1100-1200 | 1200-1300 | 1300-1400 | 1400-1500 | 1500-1600 | 1600-1700 | 1700-1800 | 1800-1900 | 1900-2000 | 2000-2100 | 2100-2200 |
|-----|-----------|--------------------------------------|--------------------------------------|--|-----------|----------------------------|-----------|---|---|---|--|---|--|-----------|-----------|-----------|-----------|
| Mon | | EU Performance 0530-0730 | Lane Swimming 0730-0845 | Academic Teaching - priority 1 CARE Research - priority 2 Sport & Exercise - priority 3 0900-1300 | | | | 3 x lanes = Lane Swimming 1300-1445 | | EU Performance 1500-1700 | Lane Swimming 1700-1900 | EU Performance 3rd tier 1900-2030 | EUSU Swim Club 2030-2130 (1 x PLG) | | | | |
| | | | | | | | | 3 x lanes = Staff Training 1300-1500 | | | | | | | | | |
| Tue | | EU Performance 0530-0730 | Lane Swimming 0730-0845 | Academic Teaching - priority 1 CARE Research - priority 2 Sport & Exercise - priority 3 0900-1300 | | | | Lane Swimming 1300-1445 | | EU Performance 1500-1700 | Lane Swimming 1700-1900 | EU Performance 3rd tier 1900-2030 | EUSU Triathlon Club 2030-2130 (2 x PLG) | | | | |
| Wed | | EU Performance 3rd tier 0530-0730 | Lane Swimming 0730-0845 | Academic Teaching - priority 1 CARE Research - priority 2 Sport & Exercise - priority 3 0900-1300 | | | | Lane Swimming 1300-1445 | | EU Performance 3rd tier OR EUSU Swim Club fixture (2 x PLG) 1500-1700 | EUSU Water Polo Club Fixtures (2 x PLG) or Training (1 x PLG) 1715-2130 | | | | | | |
| Thu | | EU Performance 0530-0730 | Lane Swimming 0730-0845 | Academic Teaching - priority 1 CARE Research - priority 2 Sport & Exercise - priority 3 0900-1300 | | | | Lane Swimming 1300-1445 | | EU Performance 1500-1700 | Lane Swimming 1700-1900 | EUSU Water Polo Club 1915-2130 (1 x PLG) | | | | | |
| Fri | | EU Performance 0530-0730 | Lane Swimming 0730-0845 | Academic Teaching - priority 1 CARE Research - priority 2 Sport & Exercise - priority 3 0900-1300 | | | | Lane Swimming 1300-1445 | | EU Performance 1500-1700 | Lane Swimming 1700-1900 | EU Performance 3rd tier 1900-2030 | EUSU Canoe Club 2030-2130 (1 x PLG) | | | | |
| Sat | | | EU Performance 3rd tier 0700-0900 | 3 x lanes = EUSU Swimming Club 0900-1100 (1 x PLG) | | Lane Swimming 1100-1300 | | EUSU Triathlon Club 1300-1415 2 x PLG (Sep - 31/10) 1 x PLG (07/11 - end) | EUSU Water Polo Club 1430-1730 (1 x PLG) | | | | | | | | |
| Sun | | | | Swim Easy 0845-0900 set up 0900-1400 session 1400-1415 clear down / exit | | | | Lane Swimming 1400-1615 | EUSU Swimming 1615-1730 (1 x PLG) | | | | | | | | |