

Sport	Session	Day	Time	Venue	Coach	Commitment	Standard	Trials	Membership
Aikido	Mixed	Tuesday	7.30 - 9.30pm	Stu1	P	O	x		£27.00
		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		£85 (incl. Flag Football)
	Mixed	Tuesday	8.00 - 10.00pm	OutSyn	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		
	Flag Football	Wednesday	2.30 - 4.00pm	AcSyn	V	O	x		£30 (access to Flag Football only)
Archery	Mixed	Tuesday	6.45 - 9.45pm		P	O	x		£30.00
	Team	Wednesday	12.30 - 3.00pm	SH2	V	OO	xxx		
	Mixed	Friday	6.45 - 9.45pm		P	O	x		
Athletics	S&C	Tuesday	6.45 - 7.45pm	Performance Gym	P	OOO	xxx		£40.00
	Social Run	Tuesday	5.30 - 6.30pm	HW Campus Run	V	OO	x		
	Track Session	Wednesday	3.00 - 4.30pm	EXT - Saughton Track	P	OO	xx		
	Endurance/Sprint	Friday	5.30 - 6.30pm	EXT - Saughton Park	V	OO	xx		
	Parkrun	Saturday	9.30am	Oriam Walled Garden	V	O	x		
Badminton	Open	Sunday	5.30 - 6.30pm	EXT - Saughton	V	OO	xx		£25.00
	Open	Monday	5.30 - 7.00pm	SH1 - Court A	V	O	x		
	Team	Monday	6.45 - 8.15pm		V	O	x		
Basketball	Open Rec	Tue, Thurs	11.00 - 12.30pm	SH2	V	OOO	xxx		£22 (+ £35 team)
	Team	Wednesday	3.00 - 4.00pm	SH2	P	OOO	xxx		
	Team	Wednesday	5.30 - 6.45pm		P	OOO	xxx		
	Open	Thursday	6.45 - 8.15pm	SH2	V	O	x		
	Open	Thursday	8.15 - 9.45pm		V	O	x		
Basketball	Mens	Monday	5.30 - 7.00pm	SH1 - Court B	P	OOO	xxx		£32 (+ £28 Team)
		Tuesday	5.30 - 7.00pm	SH1 - Court A	P	OOO	xxx		
		Friday	7.30 - 9.30am	SH1 - Court A	P	OOO	xxx		
	Womens	Monday	7.30 - 9.00am	SH1 - Court C	P	OO	xx		
		Friday	4.30 - 6.00pm	SH1 - Court A	P	OO	xx		
	S&C	Thursday	3.00 - 4.00pm	S&C Gym	P	OOO	xxx		
	Rec	Monday	5.30 - 7.00pm	SH1 - Court A	V	O	x		
Boat (Rowing)	Land Training	Monday	5.15 - 6.45pm	Oriam Reception	V	OO	xx		£65 (+ £100 Competitive)
	Water Session	Saturday	8.00 - 1.00pm	EXT - Strathclyde	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	O	x		
Boxing	Open	Monday	5.15 - 6.45pm		P	O	x		£23.00
		Tuesday	5.15 - 6.45pm		P	O	x		
		Wednesday	4.00 - 6.00pm	SH2	V	O	x		
		Friday	5.15 - 6.45pm		V	O	x		
	Pom - Rec	Monday	6.00 - 7.00pm	Stu2	V	O	x		
Cheerleading	Pom - Team	Monday	7.00 - 8.00pm		V	OO	xx		£35.00
	Mixed	Wednesday	7.00 - 9.00am		V	OO	xx		
	Mixed	Wednesday	2.15 - 4.15pm		V	OO	xx		
	Team	Sunday	3.00 - 9.00pm	Stu1	P	OOO	xxx		
	Team	Friday	7.00 - 8.00am		V	OOO	xxx		
Cricket	Fielding	Tuesday	7.30 - 9.00am	AcSyn	V	O	x		£25 (+ £20 team)
	Open	Wednesday	1.00 - 2.30pm	AcSyn	V	O	x		
	Nets	Sunday	9.00 - 10.00am	EXT - James Gillespie HS	V	O	x		
Cycling	Open	Various		EXT	-	O	x		£48.00
	Highland (Comp)		5.30 - 6.15pm			OO	xx		
Dance	Highland (Rec)	Tuesday	6.15 - 7.00pm	Stu2		O	x		£35.00
	Tap (Rec)		7.00 - 7.45pm			O	x		
	Tap (Comp)		7.45 - 8.30pm			OO	xx		
	Jazz (Rec)		1.15 - 2.00pm	Stu1		OO	xx		
	Jazz (Comp)		2.00 - 2.45pm			O	x		
	Lyrical (Rec)	Wednesday	2.45 - 3.30pm	Stu2	V	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)	Thursday	6.15 - 7.00pm			O	x		
	Street (Rec)		7.00 - 7.45pm	Stu2		O	x		
Equestrian	Street (Comp)		7.45 - 8.30pm			OO	xx		£32.00
	Fitness	Tuesday	8.00 - 9.00am	Stu2	V	O	x		
	Competition Teams	Wednesday	9.00 - 10.00am	EXT - Easterton	V	OOO	xxx		
	Beginner/Intermediate	Wednesday	10.00 - 11.00am		V	O	x		
Fencing	Mixed	Wednesday	3.00 - 4.30pm		P	OO	x		£35.00
	Mixed	Wednesday	4.30 - 6.00pm	SH2 - Court 3&4	P	OOO	xxx		
	Mixed	Friday	5.15 - 6.45pm		V	O	x		
Football	Mens 1s	Monday		OutSyn		OOO	xxx		£45 (+ £35 Team)
		Thursday		AcSyn		OOO	xxx		
	Mens U20	Monday	7.00 - 8.30pm	OutSyn	P	OOO	xxx		
		Thursday		AcSyn		OOO	xxx		
	Mens 3s	Monday		InSyn		OOO	xxx		
		Thursday		OutSyn		OOO	xxx		
	Mens 4s	Monday		OO		OO	xx		
	Mens 5s	Monday	5.30 - 7.00pm	InSyn	V	OO	xx		
	Mens 6s	Monday		OO		OO	xx		
Intramural Football	Sunday	6.00 - 10.00pm	OutSyn		O	x		Weekly Fee	
Futsal	Womens	Monday	7.00 - 8.30pm	AcSyn	P	OO	xx		£45
	Team	Tuesday	7.30 - 9.00am	SH2	V	OO	xx		
	Recreational	Wednesday	2.30 - 4.00pm	SH1 - Court B	V	OO	xx		
Gaelic Football	Womens	Thursday	4.00 - 5.30pm	SH2	V	O	x		£25 (+ £25 Team)
	Recreational	Wednesday	4.00 - 5.00pm	SH1 - Court B/C	V	O	x		
	Mens	Tuesday		InSyn (1/4)		O	x		
		Thursday	5.30 - 7.00pm	OutSyn (1/3)	V	OO	x		
Golf	Womens	Tuesday		InSyn (1/4)		OO	x		£25.00
	S&C	Thursday		OutSyn (1/3)		OO	x		
	Mixed	Monday	7.30 - 8.30pm	Performance Gym	P	OOO	xxx		
Handball	Mixed Team	Various		EXT	P	OOO	xxx		£16 (+ £15 Team)
	Mixed Open					O	x		
Hockey	Women	Wednesday	5.30 - 7.00pm	SH1 - Court B	V	OO	x		£20.00
	Men		5.30 - 7.00pm	SH1 - Court C	V	OO	x		
Ice Skating	Mens 1s	Monday		OutSyn		OOO	xxx		£40.00
	Womens 1s	Monday		AcSyn		OOO	xxx		
	Mens 2s	Monday	8.30 - 10.00pm	EXT - Peffermill	P	OO	xx		
	Womens 2s	Monday		AcSyn		OO	xx		
Ice Skating	Open	Thursday	6.15 - 9.00pm	EXT - Murrayfield Ice Arena	V	O	x		£20.00
	Open	Tuesday	8.00 - 9.30pm	EXT - Balerno HS	V	OO	x		
Kayak	Open	Last Fri of month	8.00 - 9.00pm	EXT - Pinkston	V	OO	x		£40 (+ £20 for trips)
		Fortnightly	8.00 - 9.00pm	EXT - Trips	V	OO	x		
	Weightlifting	Tuesday	7.30 - 9.30pm	Performance Gym	P	O	x		
Lifting	Weight & Powerlifting	Friday	6.30 - 8.00pm	Performance Gym	P	O	x		£45.00
						O	x		
Mountaineering	Open	TBC	TBC	TBC	V	O	x		£24.00
	Excursions + Trips			Various	V	O	x		
Netball	1s & 2s	Monday	7.30 - 9.00am	SH1 - Court A	V	OOO	xxx		£27 (+ £25 Team)
	S&C	Tuesday	7.45 - 8.45am	S&C Gym	P	OOO	xxx		
	Team Training	Thursday	5.30 - 7.00pm	SH1	P	OOO	xxx		
	Recreational/ Club	Wednesday	1.00 - 2.30pm	SH1	V	O	x		
Rugby	Mens	Monday	4.00 - 7.00pm	OutSyn	P	OOO	xxx		£40.00
		Friday	3.00 - 5.00pm		P	OOO	xxx		
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	x		
		Friday	8.30 - 10.00pm	InSyn	P	OO	x		
	S&C	Various	Various	S&C Gym	P	OOO	xxx		
Snowsports	S&C	Thursday	7.30 - 8.30	Performance Gym	P	OO	xx		£32 (+ £95 Team)
	Beginner Ski	Tuesday	7.30 - 9pm		V	OO	x		
	Intermediate Ski	Tuesday			V	OO	x		
	Ski Race/Freestyle	Wednesday	2.45 - 4.15pm	EXT - Hillend	P	OOO	xxx		
Squash	Rec. Ski/Snowboard	Tuesday	7.30 - 9pm	EXT - Hillend	V	O	x		£40.00
	Beginners	Monday	5.30 - 6.30pm		P	O	x		
	Development Training	Monday	6.30 - 7.00pm	SC 3-6	P	OO	xx		
Swimming	Club Night	Tuesday	6.00 - 8.30pm		V	OO	xx		£45.00
	Womens/NET	Wednesday	5.35 - 8.30pm	SC 1 & 2	P	OO	xx		
	Open	Monday	8.00 - 9.30pm	EXT - Queensferry HS	P	OO	xx		
	S&C	Tuesday	7.30 - 8.30am	Performance Gym	P	OOO	xxx		
	S&C	Thursday	5.30 - 6.30pm	Performance Gym	P	OOO	xxx		
Table Tennis	Open	Thursday	8.45 - 9.45pm	EXT - James Gillespie HS	P	OO	xx		£25 (+ £15 Team)
	Open	Friday	8.30 - 9.45pm	EXT - James Gillespie HS	P	OO	xx		
	Race Team	Sunday	12.30 - 2.30pm	EXT - Queensferry HS	P	OOO	xxx		
	Team	Tuesday	5.00 - 8.00pm	TT Studio	V	OO	xx		
Taekwondo	Recreational	Wednesday	5.00 - 7.00pm	TT Studio/SC	V	O	x		£20.00
	Team	Friday	5.00 - 6.30pm	TT Studio/SC	V	OO	xx		
	Club	Friday	6.30 - 8.30pm	Studio 1	V	O	x		
Tennis	Open	Monday	7.45 - 9.45pm	Stu1	P	O	x		£30 (+ £25 Team)
	Open	Monday	7.15 - 9.45pm		V	O	x		
	Beginners	Monday	5.00 - 6.30pm		V	O	x		
	Beginner & Intermediate	Wednesday	1.00 - 2.00pm		V	O	x		
	Intermediates	Wednesday	2.00 - 3.00pm		V	O	x		
	Development Training	Monday	6.30 - 8.00pm		V	O	x		
Ultimate Frisbee	Team	Tuesday	8.00 - 9.00pm	Indoor Tennis Courts	P	OO	xx		£25 (+ £20.50)
	Recreational	Thursday	8.00 - 9.00pm		P	OO	xx		
	Recreational	Thursday	12.00 - 2.00pm		P	OO	xx		
	Team	Thursday	2.00 - 4.00pm		P	OOO	xxx		
	Recreational	Thursday	7.00 - 9.00am		P	OOO	xxx		
Volleyball	Experienced	Saturday	5.00 - 7.00pm		V	O	x		£30 (+ £40 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 & 2 Team	Tuesday	5.30 - 7.00pm		P	OOO	xxx		£30 (+ £40 Team)
	Womens 1	Tuesday	5.30 - 7.00pm		P	OOO	xxx		
	Mens 2	Wednesday	7.00 - 9.00am		V	OO	xx		
	Mens 1 & Womens 1	Friday	7.00 - 9.00am	SH1	V	OO	xx		
	Recreational	Monday	4.00 - 5.30pm		V	O	x		
	Recreational	Wednesday	1.00 - 2.30pm		V	O	x		
	S&C	Friday	4.30 - 6.00pm		V	O	x		



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