

Activity Timetable

	ARC Sports Clubs	Time	ARC Exercise Classes	Time	OFF CAMPUS SPORTS	Time	Venue
MON	Basketball (m & w)	5.30-7.30pm	Indoor Cycling	12.10-12.50pm	Football (m)	8-10pm	Springburn Astro
	Taekwon-Do	6.30-8pm	Bodyvive	12.10-12.50pm	Football (w)	Evening	tbc
	Netball	7.30-9.30pm	Bodypump	1.10-2pm	Rugby (m)	6-7.30pm	Cartha QP Rugby Club
			Boxercise	1.10-1.50pm	Hockey (m&w)	6-7.30pm	Kelvinside Academy
			Indoor Cycling	5.30-6.10pm	Rowing	6-7.30pm	Clydesdale ARC
			Bodyattack	5.30-6.30pm	Athletics	6.30pm	Arc
TUES	Muay Thai	4pm-5pm	TTB	12.10-12.50pm	Horseriding	6-8pm	tbc
	Karate (Tei)	6.30-8pm	ARC Jogging	12.10-12.50pm	Swimming	9-10pm	Springburn Pool
	Table Tennis	7.30-9.30pm	Bodyattack	1.10-1.50pm	Rowing	6-7.30pm	Clydesdale ARC
	Trampolining	8-9pm	Circuit	1.10-1.50pm			
			Indoor Cycling	5.30-6.10pm			
			Bodypump (Techniques)	5-5.20pm			
		Bodypump	5.30-6.30pm				
WEDS	Muay Thai	1pm-2pm	Bodypump	12.10-1pm	American Football	7-9pm	Haghill Sports Centre
	Taekwon-Do	6.30-8.30pm	Indoor Cycling	1.10-1.50pm	Netball (GNA Fixtures)	Evening	Various
	Gymnastics	6.30-8pm	Chaos	1.10-1.50pm	Rowing	6-7.30pm	Clydesdale ARC
			Bodyattack	4.30-5.30pm	BUSA Fixtures (Multiple Sports)	Day & Evening	Various
			Boxercise	5.30-6.30pm	Mountaineering (Club Meeting)	5pm - 6pm	George Moore (M228)
THURS	Badminton	5pm-7pm	Circuit	12.10-12.50pm	Kayaking (October only)	6-8pm	Abercorn School Pool
	Trampolining	7-9pm	Bodyvive	12.10-12.50pm	Rowing	6-7.30pm	Clydesdale ARC
	Volleyball (m & w)	7-9.30pm	ARC Jogging	12.10-12.50pm			
	Karate (Tei)	7.30-9pm	Bodyattack	1.10-1.50pm			
			Indoor Cycling	5.30-6.10pm			
		Bodypump	5.30-6.30pm				
FRI	Football (w)	3-4pm	Boxercise	12.10-12.50pm			
			Indoor Cycling	1.10-1.50pm			
			Bodypump	1.10-2pm			
SAT					Swimming	10-11am	Strathclyde Uni Pool
					Rowing	9am-12pm	Clydesdale ARC
					Netball (BUSA Fixtures)	Daytime	Various
					Rugby (m) (Scot Uni Fixtures)	Daytime	Various
					Football (m) (WoS Fixtures)	Daytime	Various
				Hockey (w) (West District Fixtures)	Daytime	Various	
SUN					Rowing	9am-12pm	Clydesdale ARC
					Golf & Volleyball (m&w) (BUSA Fixtures)	Daytime	Various
					American Football (BUAFL Fixtures)	Daytime	Various

Timetable begins 01/10/07 and is subject to change.

ARC Opening Hrs: Mon - Thurs 7.30am–9pm, Fri 7.30am–8pm & Weekends 10.30am–4pm.