

# Activity Timetable

	ARC Sports Clubs	Time
<b>MON</b>	Basketball (m & w)	5.30-7pm
	Taekwon-Do	6.30-8pm
	Karate (Tei)	6.30-8pm
	Netball	7-8.30pm

<b>TUES</b>	Muay Thai	4pm-5pm
	Table Tennis	6.30-8.30pm
	Gymnastics	6.30-8pm
	Karate (Women Only)	4-5pm

<b>WEDS</b>	Muay Thai	1pm-2pm
	Cricket	2-4pm
	Taekwon-Do	6.30-8pm
	Karate (Tei)	6.30-8pm

<b>THURS</b>	Badminton	5pm-7pm
	Trampolining	7-8.30pm
	Volleyball (m & w)	7-8.30pm
	Football (w)	4-5pm

<b>FRI</b>		

<b>SAT</b>		

<b>SUN</b>		

ARC Exercise Classes	Time
Spin	12.10-12.50pm
Vive, Tums and Bums	12.10-12.50pm
Body Pump	1.10-2pm
Spin	4.30-5.10pm
Body Pump	4.30-5.30pm
Spin	5.30-6.10pm
Body Attack	5.30-6.30pm

Vive, Tums and Bums	12.10-12.50pm
Circuit	1.10-1.50pm
Spin	4.30-5.10pm
Spin	5.30-6.10pm
Body Pump	5.30-6.30pm

Body Pump	12.10-1pm
Spin Express	12.10-12.40pm
Spin	1.10-1.50pm
Sports Fit	1.10-1.50pm
Boxercise	4.30-5.10pm
Body Attack	5.30-6.30pm

Circuit	12.10-12.50pm
Vive, Tums and Bums	12.10-12.50pm
Body Attack	1.10-2pm
Body Pump	5.30-6.30pm
Spin	5.30-6.10pm

Boxercise	12.10-12.50pm
Spin	1.10-1.50pm
Body Pump	1.10-2pm


Spin	1.10-1.50pm

OFF CAMPUS SPORTS CLUBS	Time	Venue
Football (m) Training	8.30-10.30pm	Petershill Park Astro
Football (w) Training	6-7pm	Haghill Sports Complex
Rugby (m) Training	6-7.30pm	Cartha QP Rugby Club
Hockey (m&w) Training	6-7.30pm	Kelvinside Academy

Horse Riding Lessons	8-9pm	Hazelden School of Equitation
Swimming	9-10pm	Springburn Pool

<i>BUSA Fixtures:</i> Football (m&w), Rugby,	Day & Evening	Various
Hockey (m&w), Basketball (m&w),		
Swimming and Horse Riding		
Netball (GNA Fixtures)	Evening	Various
Mountaineering (Club Meeting)	5pm - 6pm	George Moore (M228)
Rowing	6-8pm	Clydesdale Amateur Rowing Club

Kayaking Pool Training (1 <sup>st</sup> 4 Wks only)	6-8pm	Abercorn School Pool
American Football Training	6-8pm	Petershill Park Astro
Ski and Snowboard Lessons	Evenings	Xscape
Gaelic Football	Evenings	Nethercraigs Sports Complex


Swimming	10-11am	Strathclyde Uni Pool
Rowing	10am-12pm	Clydesdale Amateur Rowing Club
Netball (BUSA Fixtures)	Daytime	Various
Rugby (m) (Scot Uni Fixtures)	Daytime	Various
Hockey (w) (West District Fixtures)	Daytime	Various

Rowing	10am-12pm	Clydesdale Amateur Rowing Club
Golf & Volleyball (BUSA Fixtures)	Daytime	Various
American Football (BUAFL Fixtures)	Daytime	Various
Gaelic Football Fixtures	Daytime	Various

**NB - Timetable begins 22/09/08 and is subject to change.**

***ARC Opening Hrs: Mon - Thurs 7.30am-8.30pm, Fri 7.30am-8pm & Weekends 10.30am-4.30pm.***