

ACTIVE REFRESHERS 2023

SUNDAY 12TH FEBRUARY - INDOOR TIMETABLE

	Arena A	Arena B	Arena C	Studio A	Studio B	Climbing Wall	S&C Room	Pool (Shallow)	Pool (Deep)
11:00	Volleyball Session One		Dodgeball 11:00-12:30				Weightlifting Session One		
11:30	11:00-12:00						Weightlifting Session Two		
12:00	Volleyball Session Two						Weightlifting Session Two		
12:30	12:00-13:00		12:00-13:00						
13:00			Futsal Session One	Taekwondo	Powerlifting Session One				
13:30	Netball Session One		13:00-14:00	12:30-14:00	13:00-14:00				
14:00	13:15-14:15		Futsal Session Two	Mixed Martial Arts		Powerlifting Session Two			
14:30	Netball Session Two		14:00-15:00			14:00-15:30	14:00-15:00		
15:00	14:15-15:15				Mountaineering Session One				
15:30	Table Tennis	Korfball				15:00-16:00			
16:00	15:30-16:30	15:30-16:30	Trampoline Session One	Yoga	Mountaineering Session Two				
16:30			16:00-17:00	15:45-16:45	16:00-17:00				
17:00	Fencing	Cheerleading	Trampoline Session Two	Ballroom & Latin	Mountaineering Session Three				
17:30	16:45-18:15		17:00-18:30	17:00-18:00	16:45-17:45	17:00-18:00			
18:00						Cycling & Triathlon	Scuba Diving		
18:30						17:30-18:45		17:30-19:30	
19:00						Swimming			
19:30						18:45-20:00			
20:00									
20:30					Canoe				
21:00					20:30-21:30				
21:30									

ACTIVE REFRESHERS 2023

SUNDAY 12TH FEBRUARY - OUTDOOR & OFF-SITE TIMETABLE

	AGP 1	AGP 2	AGP 3	Grass Pitch B1	The Rig <small>(Next to Tennis Courts 1 & 2)</small>	Tennis Courts 1 & 2	Outside SSP Reception	Rushmoor Gymnastics* <small>(009 Six)</small>
11:00	Women's Football 11:00-12:30	Hockey Session One 12:00-13:00						
11:30								
12:00	American Football 12:30-14:00	Hockey Session Two 13:00-14:00		Men's/Women's Rugby 12:00-13:30				
12:30								
13:00								
13:30	Baseball & Softball 14:00-15:30							Gymnastics 12:50-14:50
14:00								
14:30	Touch Rugby 15:30-17:00		Ultimate Frisbee Session One (Female Only) 15:00-16:30		Open Access 14:30-16:30			
15:00								
15:30			Ultimate Frisbee Session Two (Open to all) 16:30-18:00					
16:00								
16:30								
17:00								
17:30								
18:00								

*Please contact the Gymnastics Club if you are interested in this off-site session and they will provide more information on the sign-up process.