

DUT SPORT CLUBS TRAINING SCHEDULE 2016

Sport code	SPORT CENTRE	AEROBICS ROOM	SQUASH COURTS	STAGE AREA	OUTDOOR COURTS	OUTDOOR SPORT
AEROBICS		Tues & Thurs 12h30 – 13h30				
ATHLETICS						Mon – Fri 16H00 – 18H00
BASKETBALL	Mon / Wed /Fri 17h00 – 19h00					
CAPOEIRA		Wed 17h00 – 19h00		Mon 17h00 – 19h00 Court 3		
CHESS	Mon – Fri 08h30 – 16h00 Floor					
DANCE				Tues / Thurs 12h00 – 13h00		
FOOTBALL						Mon to Fri 15h30 to 20h00
HOCKEY	Tues / Thurs 16h00 to 19h00					
KARATE FULL CONTACT		Tues 16h30 – 18h30				
KARATE SEMI - CONTACT		Fri 14h00 – 16h00				
KUNG – FU		Mon 16h30 – 18h30				
NETBALL					Tues 16H15 – 18H00 Fri 15h30 – 17h00	
VOLLEYBALL	Tues / Thurs / Friday 12h00 to 14H00 & 19h00 to 22H00					
RUGBY						COLLEGE ROVERS Mon, Tues & Thurs 18H00 – 20H00
SQUASH			Mon – Fri 08H30 – 16H00			