

ACTIVE FRESHERS SATURDAY 2026

	Indoor Sessions								Outdoor Sessions				
	Arena A	Arena B	Arena C	Studio A	Studio B	Squash Courts	S&C Suite	Pool	AGP 1	AGP 2	Tennis Courts 3-8	Padel Courts 1-4	Reception
10:00	Men's Volleyball (10:00-11:00)		Gymnastics 1 (10:00-11:00)	Boxing (10:00-11:00)									
10:30													
11:00	Women's Volleyball (11:00-12:00)		Gymnastics 2 (11:00-12:00)	Women's Boxing (11:00-12:00)									
11:30													
12:00						Powerlifting 1 (12:00-13:00)		Flag American Football (12:00-13:00)					
12:30	Netball Session 1 (12:30-13:30)												Jiu Jitsu 1 (12:30-13:30)
13:00			Trampoline 1 (13:00-14:00)		Jiu Jitsu 2 (13:30-14:30)	Squash 2 (13:30-14:30)		Weight-lifting 1 (13:00-14:00)					
13:30	Netball Session 2 (13:30-14:30)			Trampoline 2 (14:00-15:00)									Karate 1 (14:30-15:30)
14:00					Table Tennis 1 (14:45-15:45)	Trampoline 3 (15:00-16:00)	Karate 2 (15:30-16:30)			Women's Football 2 (15:00-16:00)	Men's Football 2 (15:00-16:00)		
14:30		Table Tennis 2 (15:45-16:45)	Trampoline 4 (16:00-17:00)	Judo (16:30-17:30)									
15:00	Women's Basketball 1 (15:00-16:00)												
15:30			Women's Basketball 2 (16:00-17:00)										
16:00	Men's Basketball 1 (17:00-18:00)												
16:30			Men's Basketball 2 (18:00-19:00)										
17:00													
17:30													
18:00													
18:30													

ACTIVE FRESHERS SUNDAY 2026

	Indoor Sessions						Outdoor Sessions					
	Arena A	Arena B	Arena C	Studio A&B	Climbing Wall	Evening Pool Sessions	AGP 1	AGP 2	Tennis Courts 1-8	Padel Courts 1-4	Reception	
10:00	Badminton 1 (10:00-11:00)		Fencing 1 (10:00-11:00)	Dance 1 (10:00-11:00)								
10:30												
11:00	Badminton 2 (11:00-12:00)		Fencing 2 (11:00-12:00)	Dance 2 (11:00-12:00)			Men's Lacrosse (11:00-12:30)	Polo (On-Foot) (11:00-12:00)				
11:30												
12:00	Ultimate Frisbee (12:15-13:15)			Dance 3 (12:00-13:00)			Women's Lacrosse (12:30-14:00)	Baseball/ Softball (12:00-13:30)				
12:30												
13:00				Archery (13:00-15:30)	Dance 4 (13:00-14:00)		Mountaineering 1 (13:00-14:00)					Padel Session 1 (13:00-14:30)
13:30	Men's Futsal (13:30-15:00)	Cheerleading 1 (13:30-14:30)					Run & Brew (Social & Competitive Running) (14:00-15:00)					
14:00		Cheerleading 2 (14:30-15:30)	Ballroom & Latin 1 (14:00-15:00)		Mountaineering 2 (14:00-15:00)	Women's Football 1 (14:00-15:00)				Men's Football 1 (14:00-15:00)	Tennis Session 1 (13:00-15:00)	
14:30												
15:00	Women's Futsal (15:00-16:30)	Cheerleading 3 (15:30-16:30)					Mountaineering 3 (15:00-16:00)	Women's Football 2 (15:00-16:00)	Men's Football 2 (15:00-16:00)		Tennis Session 2 (15:00-17:00)	Padel Session 2 (14:30-16:00)
15:30												
16:00						Water Polo (17:30-19:30)	Men's Rugby (16:00-17:00)					
16:30	Mixed Dodgeball (16:30-17:30)		Women's Cricket (16:30-18:00)	Taekwondo (16:30-18:30)	Canoe Polo (19:30-21:30)							
17:00												
17:30	Mixed Dodgeball (17:30-18:30)											
18:00												
18:30												