

CLUB TRAINING TIMES 2017/2018



CLUB	TRAINING TIMES	VENUE
Aikido	Tue 8-10pm & Thurs 8-9.30pm & Sat 12.30-2pm	Handball Court
Archery	Tue & Thurs 8-9pm and Wed & Fri 4-7pm	Arena
Athletics	Mon 5pm, Tue & Thurs 5-8pm & Wed 1pm	Sports Campus/Elite Gym
Aussie Rules	Mon 6-7pm and Wed 5.15-7pm	Soccer Centre
Badminton	Mon 6-9pm, Wed 2-4pm & Thurs 8-9pm	Arena
Basketball (Beginners)	Tues 5-6pm	Arena
Basketball (M)	Tue & Thurs 6-8pm	Arena
Basketball (W)	Mon 8-9pm, Tues & Thurs 6-8pm & Wed 4-5pm	Arena
Boxing	Mon 6-8pm Minor Hall/Boxing room, Tue 7-9pm St Pats & Boxing Room, Wed 7-10pm Minor Hall/Boxing room, Thurs 4-5pm Minor Hall & 6-8pm Boxing room	Minor Hall
Camogie	Tue 8-9pm (Ashbourne, Purcell & Intermediate) & Thurs 6-7pm (Ashbourne, Purcell & Intermediate)	Sports Campus
Canoe	Sunday 9-10pm	ALSAA Pool
Caving	Wed 5-7pm & Fri 7-10pm	Minor Hall
Clay Target	Wed 3-6pm & Sat 10am-1pm	Balheary Shooting Ground
Cricket	To be arranged	
Cycling	"Wed (bi-weekly) Fun Spins (Meet in square outside Henry Grattan) Mon & Wed 7.45-8.45am (DCU Sport Spin Studio)"	Meet Henry Grattan/ Spin Studio
Equestrian	Thursdays 6-8pm, e-mail equestrian.dcu@gmail.com	Kilronan Equestrian Centre
Fencing	Mon 8-9pm (Minor Hall), Tues 5-7pm (Arena) & Sun 10am-12pm (Minor Hall)	Minor Hall/Arena
Futsal	Tues 5-6pm	Arena
GAA Handball	Mon 5-6pm (Arena) & 7-10pm (Handball Court), Tue 6-8pm (Handball Court), Wed 5-7pm Handball Court	Handball Court & Arena
Gaelic Football (Ladies)	Tue 6-8pm (All Ladies Football teams) & Thurs 7-9pm (All Ladies Football teams)	Sports Campus
Gaelic Football (Mens)	Mon 7-8pm (Fresher A), Mon 8-9pm (Sigerson & Inter), 9-10pm (Trench & Fresher B&C), Tue 9-10pm (Fresher B&C), Wed 8-9pm (Sigerson & Inter), Thurs 9-10pm (Fresher B&C)	Sports Campus
Golf	Contact charles.mcgoldrick5@mail.dcu.ie for training times	Fingal Driving Range/Silloogue Golf Club
Gym & Tramp	Mon 7-9pm, Wed 6-8pm & Fri 5-7pm	Arena
Hockey	Tue 6-7pm & Sun 7-9pm	Trinity Hockey Club
Hurling	Mon 7-8pm (Fresher A&B), Mon 8-9pm (Fitzgibbon & Inter), Wed 7-8pm (Fitzgibbon & Inter), Wed 9-10pm (Ryan & Fresher)	Sports Campus
Karate	Wed 7-8pm (Arena) & Thurs 5-7pm (Handball Court)	Arena/Handball Court



Mixed Martial Arts	Mon 5-7 pm (Handball Court), Wed 8-10 pm (Handball Court) & Fri 4-6 pm (Minor Hall)	Handball Court/Minor Hall
Olympic Handball	Wed 5-6pm	Arena
Rock Climbing	Tue & Thurs 5-8pm	Minor Hall
Rowing	Tue & Thurs 7.30-8.30am & Wed 2-3pm	Fitness Centre
Rugby (M)	Mon 6-8pm & Wed 3-5pm	Sports Campus
Rugby (W)	Mon 6-8pm & Wed 3-5pm	Sports Campus
Soccer (M)	Mon 7.30-9.30am & 4-6pm (Sports Campus), Tues 4-6pm, Wed 7.30-9.30am, 1-2pm & 2-4pm (Grass) Tues and Thurs 8.15-9.45pm, Wed 3.15-5.15pm (7-a-side)	Sports Campus 7-a-side pitch
Soccer (W)	Mon 7-8.15pm & Thurs 6.45- 8.15pm	7-a-side pitch
Soccer Powerchair	Mon 9-10am & Tues 7-9pm	Arena
Squash	Mon 7-10 pm, Wed 5-8 pm & Thurs 7-10pm	Squash Court
Sub aqua	Tue 7-9pm (Coolock),Thurs 6-7pm (DCU)	Coolock Pool/DCU Pool
Surf 'n Sail	Wed 7.30-9am (DCU Pool). Con- tact dcusurfnailsailclub@gmail. com for Royal St George training times.	Royal St. George Yacht Club
Swimming	Mon & Tues 7.30-9.30am, Wed: 2-3pm, Thurs: 7.30-9am, Fri: 1.30-3pm	DCU Pool
Table Tennis	Contact ryan.farrell44@mail.dcu. ie for training times	TBC
Tae Kwon Do	Tues 8-9pm and Thurs 8-10pm	Minor Hall
Tennis	Tue, Wed & Thurs 6-8.30am and Tue & Wed 7-9pm	National Tennis Centre
Triathlon	Mon-Fri: 6.30-7.30am	DCU pool
Ultimate Frisbee	Mon 8-10pm & Tue & Fri 6-8pm (7-a-side) & Thurs & Fri 5-6pm (Arena)	7-a-side pitch/Arena
Volleyball	Mon 5-7pm Court 3 & Wed 5-8pm Court 3	Arena
Waterpolo	Contact dcuswimming@gmail. com for times	TBC
Weightlifting	Beginners Mon 5.30-6.30pm & Thur 7.30-8.30pm (House 19) & Advanced Wed 2-4pm & Fri 1-3pm (Sports Campus Gym)	House 19/ Sports Campus Gym

