

Team Southampton Gym

Wide Lane Sports Ground

Accurate as of 06/05/2024

Times for Monday 7 October



Time	Session	Facility
09:00 - 10:00	AU Rugby Club - Women's	Gym
18:00 - 19:00	AU Boat Club (Ladies)	Gym
19:00 - 20:00	AU Boat Club (Mens)	Gym
20:00 - 21:00	AU American Football	Gym
21:00 - 21:45	Open for General use	Gym