

AVAILABILITY OF ROOMS FOR TABLE TENNIS PRACTICE				
Day	Time	Graham Jones Room 1	Time	Fitness Room Room 2
MONDAY	09:00-11:00 11:20-13:45 13:45-22: 00	Table Tennis Practice Pilates Table Tennis Practice ^{Note-1}	09:00-11:00 11:20-13:45 13:45-16:00 16:00-18:00 18:00-22:00	Table Tennis Practice Pilates Table Tennis Practice Tennis ^{Note2} Table Tennis Practice ^{Note1}
TUESDAY	09:00-10:55 10:55-12:30 12:30-22: 00	Table Tennis Practice UPNA Carers Table Tennis Practice ^{Note-1}	09:00-10:55 10:55-12:30 12:30-16:00 16:00-18:00 18:00-21:00 21:00-22:00	Table Tennis Practice UPNA Carers Table Tennis Practice Tennis ^{Note2} Pilates Table Tennis Practice
WEDNESDAY	09:00-22:00	Table Tennis Practice ^{Note-1}	09:00-22:00	Table Tennis Practice ^{Note-1}
THURSDAY	09:00-22:00	Table Tennis Practice ^{Note-1}	09:00-16:00 16:00-18:00 18:00-22:00	Table Tennis Practice Tennis ^{Note2} Yoga
FRIDAY	09:00-22: 00	Table Tennis Practice ^{Note-1}	09:00-10:30 10:30-11.30 11:30-16:00 16:00-18:00 18:00-22:00	Table Tennis Practice Pilates Dance Table Tennis Practice Tennis ^{Note2} Table Tennis Practice ^{Note-1}
SATURDAY	09:00-22:00	Table Tennis Practice	08:00-13:00 13:00-22:00	Tennis ^{Note2} Table Tennis Practice
SUNDAY	09:00-14:00 14:00-22:00	Vineyard Church Table Tennis Practice	09:00-14:00 14:00-22:00	Vineyard Church Table Tennis Practice

Note-1: League matches take place between late September and April

Some Mon-Fri **evening** practice sessions may be **unavailable due to match fixtures** Check Calendar

<https://www.tabletennis365.com/MacSports/Calendar>

Note-2: The tennis section will have priority during inclement weather otherwise OK for table tennis

Match fixtures can also be checked in the Calendar Module of the TT365 (Cardiff) database

<https://www.tabletennis365.com/Cardiff/Calendar>

