



SPRING 2025

27TH JAN - 11TH APRIL

MONDAY
BADMINTON
4-6PM
HALL 2

TUESDAY
BASKETBALL
DEVELOPMENT
3-5PM
HALL 1

TABLE TENNIS
5-6:30PM
HALL 1

FOOTBALL
6:30-8:30PM
FULL 3G

WEDNESDAY
FOOTBALL LEAGUE
12-6PM
SMALL 3G

THURSDAY
BADMINTON
12-2PM
HALL 1

FOOTBALL
4-5:30PM
FULL 3G

SUSSEXSPORT X
RUNSOC 5K ▲
6PM
MEET AT SPORT CENTRE

FRIDAY
TABLE TENNIS
12-1PM
HALL 1 (HALF)

ULTIMATE FRISBEE
12-1PM
HALL 1 (HALF)

VOLLEYBALL
8-10PM
HALL 1

SATURDAY
VOLLEYBALL
4-6PM
HALL 1

SUNDAY
HALL 1
BADMINTON
12-2PM

VOLLEYBALL
2-4PM

NETBALL
4-6PM

SUNDAY
HALL 2
BADMINTON
12-2PM

MIXED
BASKETBALL
2-3:30PM

WOMEN'S
BASKETBALL
3:30-4:30PM

MIXED
BASKETBALL
4:30-6PM

SUNDAY
SQUASH
12:10-3:10PM
SQUASH COURTS



SCAN TO BOOK A SESSION OR ENTER
FOOTBALL LEAGUE

* ALL ENTRIES MUST BE IN BY 31ST JAN
(VIA ONLINE SHOP)

▲ FREE VIA LINK ON
@SUSSEXRUNningsOCIETY INSTAGRAM

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