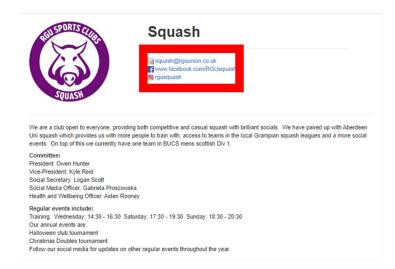
## **Club Training**

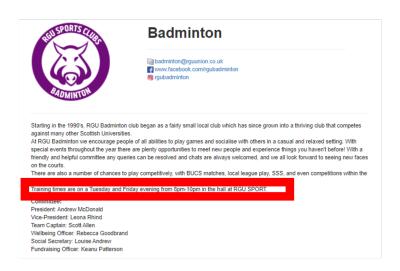


All RGU Sports Clubs have their own dedicated space within the union website, where you will be able to access all the information needed on your club including training times, contact details and resources for taking part in club activity.

Simply visit **Clubs A-Z (rguunion.co.uk)** and click on the sports club you are involved in. From there you will get an overview of that clubs offering:



The contact details of the club will contain an email address ([sport]@rguunion.co.uk), this will automatically redirect to the president of the club. You can use this email address to get in touch with them directly about any questions or concerns you may have.



On the site you will also see the times and where clubs practice.

Monday1200-1300WeightliftingRGU SPORT1800-2000NetballRGU SPORT1800-2200ShelterstoneRGU SPORT1900-2200ShelterstoneRGU SPORT2000-2200VolleyballRGU SPORT2000-2200Swimming and WPRGU SPORT2000-2200DanceRGU SPORT1710-1830SquashASV1800-1930HockeyASV1900-2200FootballGarthdee Astro1930-2200RugbyWoodside1930-2200RugbyWoodsideTuesday1730-1900NetballRGU SPORT2000-2200BadmintonRGU SPORT2000-2200BadmintonRGU SPORT2000-2200DanceRGU SPORT2000-2200DanceRGU SPORT2000-2200TennisCults Tennis Club1900-2000ShintyGarthdee Astro2000-2200GAAGarthdee Astro2000-2200CheerRGU SPORT1900-2030ShintyGarthdee Astro2030-2200CheerRGU SPORT1300-1500ShelterstoneRGU SPORT1300-1600ShelterstoneRGU SPORT1300-1730RifleDenwood1300-1730RifleDenwood1300-1530CheerleadingAberdeen Gymnastics Centre1300-1530CheerleadingAberdeen Gymnastics Centre1300-1530CheerleadingAberdeen Gymnastics Centre1300-1530CheerleadingAberdeen Gymnastics Centre <tr< th=""><th>DAY</th><th>TIME</th><th>CLUB</th><th>VENUE</th></tr<>	DAY	TIME	CLUB	VENUE
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1500-1800SnowsportsGarthdee SnowsportsAfternoonEquestrianAberdeen Riding CentreAfternoonGolfKings Links AberdeenAfternoonMTBtbcAfternoonRowingBoat HouseThursday2000-2200Swimming and WPRGU SPORT		1500-1600	Athletics	ASV
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Afternoon Afternoon Afternoon AfternoonGolf MTB RowingKings Links Aberdeen tbc Boat HouseThursday2000-2200Swimming and WPRGU SPORT		1500-1800	Snowsports	Garthdee Snowsports
Afternoon AfternoonMTB Rowingtbc Boat HouseThursday2000-2200Swimming and WPRGU SPORT		Afternoon		Aberdeen Riding Centre
AfternoonRowingBoat HouseThursday2000-2200Swimming and WPRGU SPORT		Afternoon	Golf	Kings Links Aberdeen
Thursday 2000-2200 Swimming and WP RGU SPORT		Afternoon	МТВ	tbc
		Afternoon	Rowing	Boat House
2100-2200 Cricket RGU SPORT	Thursday	2000-2200	Swimming and WP	RGU SPORT
		2100-2200	Cricket	RGU SPORT

Day	TIME	CLUB	VENUE
Friday	0700-0900	Cheer	RGU SPORT
	0700-0900	Dance	RGU SPORT
	1800-2000	Cheer	RGU SPORT
	1800-2000	Volleyball	RGU SPORT
	1800-2000	Basketball	RGU SPORT
	1900-2200	Weightlifting	RGU SPORT
	1930-2130	Boxing	RGU SPORT
	2000-2200	Badminton	RGU SPORT
	2000-2200	Rugby	RGU SPORT
	1800-1930	Hockey	ASV
	1800-2000	Tennis	Westburn
	1900-2000	GAA	Garthdee Astro
Saturday	1200-1730	Rifle	Denwood
Sunday	1200-1400	Tennis	Aberdeen Tennis Centre
	tbc	Trampolining	ASV
	tbc	Kickboxing	RGU SPORT