

Sports Spring Timetable 2026

Day	Time	Activity	Lead coach	Room/Space
Mon	10.15am - 1.15pm	Gym Inductions & Open Gym	Paul	Gym
Mon	4.45pm - 6.00pm	Basketball squad Training	Ed	East Ham Sports hall
Mon	4.45pm - 6.45pm	Netball squad training	Alison	NewVic Sports Hall
Mon	5.00pm - 7.30pm	Men's 1st & 2 nd team Football training	Paul & Sufyan	Royal Docks School
Mon	5.00pm - 8.00pm	Cricket Academy Training	Zaheer	East Ham Sport Hall
Tues	10.00am - 1.15am	Gym Inductions - must prebook	Paul & Ed	Gym
Tues	4.30pm - 5.45pm	Roller Disco	Ed	Auditorium East Ham
Tues	2.30pm - 6.00pm	Gym @ East Ham	Paul	East Ham Gym
Tues	4.45pm - 5.45pm	Badminton Squad training	Wayne	East Ham Sport Hall
Tues	6.00pm - 8.00pm	Cricket Academy Training	Zaheer	NewVic Sports Hall

Weds	lunch time	Badminton open to all	Various	East Ham & NewVlc Sports Hall
Weds	Afternoon Fixtures	<u>Sport Academy Teams you can join:</u> Ability Counts Football Badminton Basketball Academy 1st & 2nd team Cricket Academy 3 teams Men's Football 1st & 2nd team Women's Football team Netball Volleyball	<u>Head Coach:</u> Sufyan Paul Barney Barney Paul Sufyan Katie Barney	Fixtures are played home and away

Thurs	10.15am - 1.15pm	Gym Inductions - must prebook	Ed & Josh	Gym
Thurs	12.15pm - 1.15pm	Basketball for all	Ed	Sport Hall
Thurs	2.30pm - 3.30pm	Women only Gym	Rym	Gym
Thurs	2.30pm - 4.00pm	Pickleball	Ed	Sports Hall
Thurs	4.45pm - 5.45pm	Badminton Squad Training	Wayne	NewVlc Sports Hall
Thurs	4.45pm - 6.00pm	Roller Disco	Sufyan	NewVlc Main Hall
Thurs	4.45pm - 6.15pm	Basketball Squad training	Ed	East Ham Sports Hall

Fri	9.15am - 12.00pm	Gym Inductions - must prebook	Paul	Gym
Fri	12.15pm - 1.15pm	5 a Side Football	Paul	Sports Hall
Fri	2.30pm - 3.30pm	Ability Football training	Anthony	Sports Hall
Fri	4.45pm - 5.45pm	Women's open Football	Sufyan	NewVlc Sports Hall

