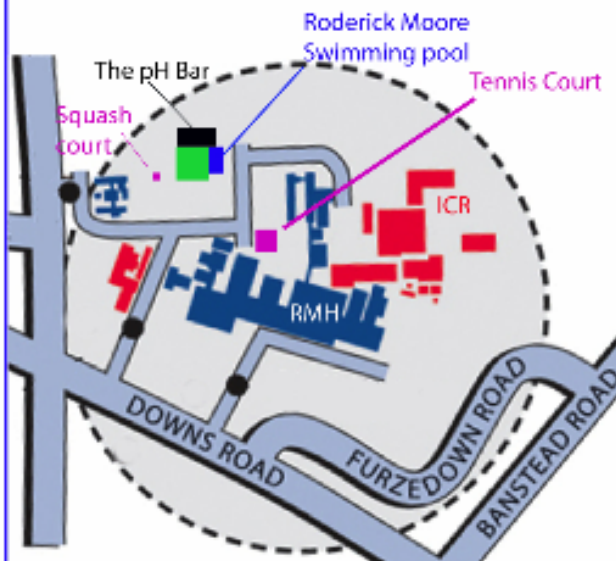


Where to find us



The Ups Club - Sports Hall Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
12 - 1pm	Capeira	Circuits	Salsa	Aerobics	Circuits
1 - 2pm	Body Balance	Table Tennis	Pilates	Table Tennis	Yoga
2 - 3pm				Power Yoga	
5 - 6pm	Yoga				
6 - 7pm		Badminton	Badminton	Badminton	
7 - 8pm					
8 - 9pm				Badminton	

Jayanam.Vijayakrishnan@icr.ac.uk	Badminton
Rahul.Pathak@icr.ac.uk	Badminton
Ken.Davis@icr.ac.uk	Badminton
Volkert.Art@icr.ac.uk	Badminton
Sus.Reader@icr.ac.uk	Body Balance & Aerobics
Simon.Crumpler@icr.ac.uk	Capeira
Toon.Ming@icr.ac.uk	Circuits
Louise.Johns@icr.ac.uk	Pilates
Lama.Banikazal@icr.ac.uk	Salsa
Barbara.Welch@icr.ac.uk	Table tennis
Manisha.Maurya@icr.ac.uk	Yoga
Lucy.Morgan@icr.ac.uk	Yoga - Power

For any other Hall Bookings, please see web site below or email Helen.Taylor@icr.ac.uk

Swimming: The Pool is open 6am - 7pm weekdays and 9-6 on weekends
Contact Nicola.Bibby@icr.ac.uk, Jeremy.Clark@icr.ac.uk

Aqua Aerobics: Tuesdays 12-45-1:30, Bernadette.Fibbe@icr.ac.uk

Sub-Aqua: Contact Mike.Wallton@icr.ac.uk

Squash: Play anytime. Coaching on Thursday evenings
Contact edwards@skellers.co.uk, Laura.Robinson@icr.ac.uk

Reading and Discussion Group: 5:30-7pm, First Tuesday of the month in the pH bar, Nicola.Bibby@icr.ac.uk

Mini-Olympics: Information on events, times and how to enter from Penny.Fibbe@icr.ac.uk or see web site below.

Other Activities: Running, Volleyball, Cricket, Football, Tennis, Bar Activities

Please see website for details:

www.theupsclub.co.uk

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The Ups Club

RMH and ICR Staff

Sports and Social Club

The Ups Club will be hosting an **OPEN DAY** in the Hall on Friday March 26th.

This will be an opportunity for all staff to find out more about our activities and **meet** the organisers.

More details will be posted shortly.

Supported by:

The Royal Marsden NHSFT
and
The Institute of Cancer Research



Whats On?

Sports and Relaxation

Aerobics
Aqua Aerobics
Badminton
Capoeira
Cricket
Salsa
Line Dancing
Football
Pool table
Pilates
Running
Snooker
Squash
Swimming
Table Tennis
Tennis
Volleyball
Yoga

Sports Facilities

Amenities

Tennis Court
Squash Court
Full size Snooker table
Pool table
Roderick Moore Swimming
Pool (20 metre)
Sports Hall

The sprung-floor sports hall can be booked for sports and other social occasions via our web site, or email Helen.Taylor@rmh.nhs.uk

All staff are automatically Ups Club members. Membership is free

www.theupsclub.co.uk

The pH Bar

Recreation

The pH bar is open Thurs and Fri evenings (5:30-11pm).

The pH bar has music, books, television, darts, a pool table, table football and KerPlunk!

The pH bar hosts a number of special events such as inter-site quizzes, Christmas parties and Summer barbeques on the lawn.

One of the highlights of the year is the June/July 'Mini Olympics', open to all comers from the RMH and ICR. This event brings together people from all over the site to meet head to head at quiz and sports, culminating in a special Finals Night event that includes a tug of war, food and music. See web for details.