



Sports Activities Schedule SODIC SPORTS CLUB

Activities / Days		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Notes
Football Academy		(2020-2017) 5:30 PM - 6:30 PM (2016-2015) 5:30 PM - 6:45PM (2014-2009) 7:00 PM - 8:30 PM TEAMS 9:00 AM - 12:00 PM TEAMS 7:00 - 8:30 PM	OFF	(2020-2017) 5:30 PM - 6:30 PM (2016-2015) 5:30 PM - 6:45PM (2014-2009) 7:00 PM - 8:30 PM TEAMS 7:00 - 8:30 PM	OFF	(2020-2017) 5:30 PM - 6:30 PM (2016-2015) 5:30 PM - 6:45PM (2014-2009) 7:00 PM - 8:30 PM TEAMS 7:00 - 8:30 PM	OFF	OFF	4 - 13 years old
Basketball Academy		5:30 - 9:30 PM	5:30 - 7:30 PM	5:30 - 9:30 PM	5:30 - 7:30 PM	5:30 - 9:30 PM	5:30 - 7:30 PM	OFF	5 - 15 years old
Tennis Academy		4:00 - 11:00 PM	4:00 - 11:00 PM	4:00 - 11:00 PM	4:00 - 11:00 PM	4:00 - 11:00 PM	OFF	OFF	Starting from 4 years old
Skating Academy		OFF	OFF	OFF	OFF	OFF	OFF	7:00 - 8:00 PM	Starting from 4 years old
Artistic Gymnastics Academy		11:00 - 5:00 PM	4:00 - 8:00 PM	4:00 - 10:00 PM	4:00 - 8:00 PM	4:00 - 8:00 PM	4:00 - 8:00 PM	OFF	Starting from 3 years old
Aerobic Gymnastics Academy		11:00 AM - 2:30 PM	5:00 - 7:00 PM	5:00 - 7:00 PM	5:00 - 7:00 PM	4:30 - 7:00 PM	OFF	OFF	Starting from 6 years old
Rhythmic Gymnastics Academy		12:00 - 8:30 PM	4:00 - 8:30 PM	4:00 - 9:30 PM	4:00 - 8:30 PM	4:00 - 9:30 PM	4:00 - 8:30 PM	OFF	3 - 12 years old
Fencing Academy		10:30 AM - 12:30 PM 4:00 - 9:00 PM	4:00 - 9:00 PM	4:00 - 9:00 PM	4:00 - 9:00 PM	4:00 - 9:00 PM	OFF	10:30 AM - 12:30 PM	Starting from 6 years old
Squash Academy		OFF	OFF	OFF	5:00 - 7:30 PM	OFF	OFF	OFF	Starting from 4 years old
Martial Arts Academy	Judo	Adults 9:30 - 10:30 AM Dynamic 11:00 - 12:30 PM Under (7) 1:00 - 2:30 PM Above (7) 2:30 - 4:00 PM Shark 4:00 - 5:30 PM	Rocket 4:30 - 6:00 PM	OFF	Under (7) 4:30 - 6:00 PM Above (7) 6:00 - 7:30 PM Dynamic 7:30 - 9:00 PM	Shark 4:30 - 6:00 PM Rocket 6:00 - 7:00 PM (Fitness) Dyonic 7:00 - 8:30 PM	OFF	Adults 9:00 - 10:00 AM Dynamic 10:00 - 12:30 AM Under (7) 11:30 - 1:00 PM Above (7) 2:00 - 3:30 PM Rocket 3:30 - 4:00 PM Fitness Shark 3:30 - 4:30 PM	Starting from 4 years old
Swimming Academy		Academy 9:00 AM - 1:00 PM Pre Team(1) 5:00 - 6:00 PM Pre Team(2) 4:00 - 5:00 PM Pre Team (3) 10:00 - 11:00 AM Team (2014-2015) 4:30 - 6:00 PM Elite Team 6:00 - 8:00 PM	Academy 3:00 - 8:00 PM Pre Team(1) 5:30 - 6:30 PM Pre Team(2) 4:30 - 5:30 PM Team (2014-2015) 4:30 - 6:00 PM Elite Team 6:00 - 8:00 PM	Academy 3:00 - 8:00 PM Team (2014-2015) 4:30 - 6:00 PM Elite Team 8:00 - 10:00 PM	Academy 3:00 - 8:00 PM Pre Team(1) 5:30 - 6:30 PM Pre Team(2) 4:30 - 5:30 PM Pre Team (3) 6:00 - 7:00 PM Elite Team 7:00 - 9:00 PM	Academy 3:00 - 8:00 PM Team (2014-2015) 4:30 - 6:00 PM Elite Team 8:00 - 10:00 PM	Team (2014-2015) 5:00 - 7:00 PM Elite Team 5:00 - 7:00 PM	Academy 9:00 AM - 1:00 PM Pre Team (3) 10:00 - 11:00 AM	Starting from 2 months
Waterpolo Academy		(2017-2016) 10:30 AM - 12:00 PM (2015-2014) 10:00 AM - 1:00 PM (2013) 10:00 AM - 1:00 PM (2012) 11:00 AM - 2:00 PM (2011) 11:00 AM - 2:00 PM (2010) 11:00 AM - 2:00 PM	5:30 - 7:00 AM (2011) 7:30 - 9:30 PM (2010) 7:30 - 9:30 PM	(2017-2016) 5:00 - 6:30 PM (2015-2014) 5:00 - 7:00 PM (2013) 5:00 - 7:00 PM (2012) 6:00 - 8:30 PM (2011) 6:00 - 8:30 PM (2010) 6:00 - 8:30 PM	5:30 - 7:00 AM (2015-2014) 6:00 - 8:30 PM (2013) 6:00 - 8:30 PM (2012) 6:00 - 7:00 PM (2011) 5:00 - 7:00 PM (2010) 7:30 - 9:30 PM	(2017-2016) 5:00 - 6:30 PM (2015-2014) 5:00 - 7:00 PM (2013) 5:00 - 7:00 PM (2012) 6:00 - 8:30 PM (2011) 6:00 - 8:30 PM (2010) 6:00 - 8:30 PM	OFF	(2017-2016) 10:30 AM - 12:00 PM (2015-2014) 10:00 AM - 12:00 PM (2013) 1:00 - 3:00 PM (2012) 1:00 - 3:00 PM (2011) 10:00 AM - 12:00 PM (2010) 10:00 AM - 12:00 PM	7-13 years old
Triathlon Academy		OFF	Swim+Bike 6:00 - 7:00 AM	Run 6:00 - 7:00 AM	Swim 6:00 - 7:00 AM	Run + Bike 6:00 - 7:00 AM	Swim 6:00 - 7:00 AM	OFF	Starting from 16 years old