

Sport & Fitness Timetable

12 April - 14 July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
PILATES 12:15 - 13:00 MOVEMENT STUDIO	YOGA 12:00-13:00 SPORTS HALL	SPIN 07:30-08:15 MOVEMENT STUDIO	YOGA 12:15-13:00 MOVEMENT STUDIO	CIRCUITS 17:15-18:00 MOVEMENT STUDIO
SPIN 12:15-13:00 SPIN AREA	SPIN 12:15-13:00 MOVEMENT STUDIO	YOGA 12:00-13:00 MOVEMENT STUDIO	PILATES 12:15-13:00 SPORTS HALL	STEEL CITY CORE 17:15-18:00 SPORTS HALL
ATHLETICS 16:00- 18:00 SHUCAS	BADMINTON 17:00-19:00 SPORTS HALL	BASKETBALL 17:00-19:00 SPORTS HALL	BADMINTON 17:00-19:00 SPORTS HALL	SOCIAL FOOTBALL EMAIL SPORT@SHU.AC.UK TO BOOK
FIGHTING FIT 17:15-18:00 SPORTS HALL	YOGA 17:15-18:00 MOVEMENT STUDIO	MMA 17:00-19:00 SHEFFIELD MARTIAL ARTS CENTRE	SPIN 17:15-18:00 MOVEMENT STUDIO	BADMINTON 18:00-19:00 SPORTS HALL
LATIN ZUMBA 17:45-18:30 GYMNASIUM	CIRCUITS 17:15-18:00 SPORTS HALL	LBT 17:15-18:00 MOVEMENT STUDIO	BASEBALL 18:00-20:30 FORGE VALLEY SCHOOL	
TABLE TENNIS 18:00-20:00 SPORTS HALL		LATIN ZUMBA 17:15-18:00 SPORTS HALL		
WHEELCHAIR RUGBY 18:30- 19:00 SPORTS HALL		BADMINTON 18:00-19:00 SPORTS HALL		

Due to exams there will be no classes or on campus sports except spin at City Campus:

24 April - 19 May & 26 June - 1 July

City Campus
 Collegiate Campus
 External