

Sheffield Hallam University

Knowledge Applied

SPORT AND FITNESS TIMETABLE FROM 10 JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN 12:30 - 13:15 Sports Hall	SPIN 12:15 - 13:00 Movement Studio	FUTSAL* 16:00 - 17:00 Sports Hall	YOGA 12:30 - 13:15 Movement Studio	CORE 17:15 - 18:00 Sports Hall	PARKRUN* 9:00 - 11:00 Endcliffe Park
JUST PLAY TABLE TENNIS* 17:00 - 18:00 Gymnasium	YOGA 12:30 - 13:15 Sports Hall	ZUMBA 17:15 - 18:00 Sports Hall	JUST PLAY BADMINTON* 17:00 - 18:00 Sports Hall	KORFBALL* 18:00 - 19:00 Sports Hall	
FIGHTING FIT 17:15 - 18:00 Sports Hall	JUST PLAY BADMINTON* 17:00 - 18:00 Sports Hall	JUST PLAY BADMINTON* 18:00 - 19:00 Sports Hall	DODGEBALL* 17:00 - 18:00 Sports Hall	BASKETBALL* 18:00 - 19:00 Sports Hall	
JUST PLAY FOOTBALL* 18:00 - 19:00 Sports Hall	CIRCUITS 17:15 - 18:00 Sports Hall	CIRCUITS 18:00 - 18:45 Gymnasium	LBT 17:15 - 18:00 Fitness Suite	JUST PLAY FOOTBALL* 18:00 - 19:00 Astroturf	
WHEELCHAIR RUGBY LEAGUE* 18:30 - 19:30 Sports Hall	JUST PLAY FOOTBALL* 18:00 - 19:00 Astroturf		SPIN 18:00 - 18:45 Movement Studio		
JUST PLAY BADMINTON* 19:00 - 20:00 Sports Hall	NETBALL* 18:00 - 19:00 Sports Hall		MULTISPORT - FEMALE ONLY* 18:00 - 19:00 Sports Hall		
	JUST PLAY TENNIS* 20:00 - 21:00 Hallamshire		WOMEN'S FOOTBALL* 18:00 - 19:00 Sports Hall		
	JUST PLAY SQUASH* 20:20 - 22:00 Hallamshire				

	Collegiate
	City
	External
	Online

*Social Sport