

SPORT AND FITNESS TIMETABLE FROM 13 SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CIRCUITS 7:30 - 8:15 Movement Studio	SPIN 7:30 - 8:15 Sports Hall	SPIN 7:30 - 8:15 Movement Studio	SPIN 7:30 - 8:15 Sports Hall	CIRCUITS 7:30 - 8:15 Movement Studio	PARKRUN* 9:00 - 11:00 Endcliffe Park
BOOTCAMP 13:00 - 13:45 Movement Studio	SOCIAL YOGA* 12:15 - 13:00 Online	HITT 13:00 - 13:45 Gymnasium	VINYASA YOGA 13:00 - 13:45 Gymnasium	SOCIAL RUN* 17:00 - 18:00 Meet at Owen	HIIT SQUAD 10:00 - 10:45 Movement Studio
WALK* 13:00 - 14:00 Meet at Pearson	MINDFUL YOGA 13:00 - 13:45 Gymnasium	WALK* 13:00 - 14:00 Meet at Owen	CIRCUITS 13:30 - 14:15 Sports Hall	CIRCUITS 17:15 - 18:00 Movement Studio	BOXING FIT 10:00 - 10:45 Sports Hall
SPIN 13:30 - 14:15 Sports Hall	JUST PLAY TOUCH RUGBY* 16:00 - 17:00 Astroturf	VINYASA YOGA 13:30 - 14:15 Sports Hall	JUST PLAY BADMINTON* 17:00 - 18:00 Sports Hall	CORE 17:15 - 18:00 Sports Hall	ULTIMATE FRISBEE* 12:00 - 13:00 Astroturf
JUST PLAY TABLE TENNIS* 17:00 - 18:00 Gymnasium	JUST PLAY BADMINTON* 17:00 - 18:00 Sports Hall	FUTSAL 16:00 - 17:00 Sports Hall	DODGEBALL* 17:00 - 18:00 Sports Hall	KORFBALL 18:00 - 19:00 Sports Hall	AMERICAN FOOTBALL* 13:00 - 14:00 Astroturf
FIGHTING FIT 17:15 - 18:00 Sports Hall	YOGA FOR WELLBEING 17:15 - 18:00 Movement Studio	MMA 17:00 - 18:00 Gymnasium	SOCIAL RUN* 17:00 - 18:00 Meet at Pearson	BASKETBALL* 18:00 - 19:00 Sports Hall	
SPIN 17:15 - 18:00 Movement Studio	CIRCUITS 17:15 - 18:00 Sports Hall	CIRCUITS 17:15 - 18:00 Movement Studio	IYENGAR YOGA 17:15 - 18:00 Movement Studio		
ORIENTEERING* 18:00 - 19:00 Meet at Pearson	SOCIAL ZUMBA* 17:15 - 18:00 Online	COUCH TO 5K* 17:30 - 18:30 Meet at Pearson	SOCIAL ZUMBA* 17:15 - 18:00 The Stage, Hubs		
JUST PLAY FOOTBALL* 18:00 - 19:00 Sports Hall	JUST PLAY FOOTBALL* 18:00 - 19:00 Astroturf	JUST PLAY BADMINTON* 18:00 - 19:00 Sports Hall	JUST PLAY WOMENS FOOTBALL* 18:00 - 19:00 Sports Hall		
WHEELCHAIR RUGBY LEAGUE* 18:30 - 19:30 Gymnasium	NETBALL* 18:00 - 19:00 Sports Hall	BOXING* 18:00 - 19:00 Gymnasium			
JUST PLAY BADMINTON* 19:00 - 20:00 Sports Hall	JUST PLAY TENNIS* 20:00 - 21:00 Hallamshire				
	JUST PLAY SQUASH* 20:20 - 21:00 Hallamshire				

Collegiate
 City
 External
 Online
 *Social Sport