

# SPORTICIPATE

To access any of these sessions from the Sporticipate timetable, register on the UoM Sport website, or if you decide to attend last minute, just drop in!

**28 JANUARY - 5 APRIL 2019**

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SPORTS</b>							
<b>Badminton</b>		5.30 - 6.30pm Sugden Sports Centre				6 - 8pm Armitage Sports Centre	
<b>Basketball</b>							10.30am - 11.30am <b>(Mixed)</b> 11.30am - 12.30pm <b>(Mixed)</b> 12.30 - 1.30pm <b>(Women only)</b> Sugden Sports Centre
<b>Dodgeball</b>	5 - 6pm <b>(Women only)</b> 6 - 7pm <b>(Men only)</b> Active Lifestyle Centre						
<b>Futsal</b>				5 - 6pm <b>(Women only)</b> 7 - 8pm <b>(Men only)</b> Sugden Sports Centre			
<b>Handball</b>		6 - 8pm Sugden Sports Centre					
<b>Hockey</b>				7 - 8pm Armitage Sports Centre			
<b>Indoor Cricket</b>		7 - 9pm Armitage Sports Centre					
<b>Lacrosse</b>		8 - 9pm Armitage Sports Centre					
<b>Netball</b>	6.30 - 8pm Armitage Sports Centre						
<b>Softball</b>	5 - 6pm Sugden Sports Centre						
<b>Squash</b>	6 - 8pm Whitworth Park	12.20 - 1.40pm Sugden Sports Centre		6.20 - 7.40pm Sugden Sports Centre	5 - 6.10pm Sugden Sports Centre <b>(Women only)</b>		
<b>Table Tennis</b>	12.30 - 2.30pm Sugden Sports Centre					12 - 2pm Armitage Sports Centre	
<b>Touch Rugby</b>				6 - 8pm Armitage Sports Centre			
<b>Ultimate Frisbee</b>				6 - 7pm Armitage Sports Centre			
<b>Volleyball</b>					6 - 8pm <b>(league)</b> Armitage Sports Centre	1 - 3pm <b>(drop in)</b> Armitage Sports Centre	
<b>Water Polo</b>					8 - 10pm <b>(22 February)</b> Man. Aquatics Centre		
<b>Women's Football</b>	6 - 7pm Armitage Sports Centre						
<b>FITNESS AND DANCE</b>							
<b>Bachata Dance</b>					5 - 6pm Students' Union		
<b>Bodyfit</b>			5.30 - 6.15pm Owen's Park				
<b>Boxercise (Ki-Box Fit)</b>			6.15 - 7pm Owen's Park				
<b>Boxing</b>		6 - 7pm Armitage Sports Centre					
<b>Breakdance</b>					5 - 6pm Simon Building (DUR, WR*)		
<b>Gymfit</b>				7 - 8pm Hulme Hall			
<b>Mindful Movement and Meditation</b>		12 - 12.30pm St Peters Chapliancy	12 - 12.30pm St Peters Chapliancy				
<b>Running Groups</b>		6.15 - 7.30pm Students Union					
<b>Salsa</b>			4 - 6pm Whitworth Park				
<b>Self Defence</b>		7.30 - 8.30pm Sugden Sports Centre					
<b>Street Dance</b>	6.45 - 7.45pm Simon Building (AR, WR*)						
<b>Swimming</b>			1.30 - 2.30pm <b>(Women only)</b> 8 - 9pm Man. Aquatics Centre				3.30 - 4.30pm Man. Aquatics Centre
<b>Taekwondo</b>			5.30 - 6.30pm Simon Building (DUR, WR*)				
<b>Yoga for Beginners</b>	6.15 - 7.15pm Hulme Hall 2 - 3pm St Peters Chapliancy						
<b>Yoga to Energise (Intermediate)</b>			8.30am - 9.15am St Peters Chapliancy				

**FREE**  
TO ALL AT THE  
UNIVERSITY

**LOCATIONS**  
Activities are based at various locations.

- Sugden Sports Centre
- Armitage Sports Centre
- Halls of Residences
- Other locations

Times may vary, please refer to website and Facebook page for most up to date information. Sessions run during term-time only.

\* WR = Wellbeing Rooms, AR = Activity Room, DUR = Dual Usage Room