

MANCHESTER
1824

The University of Manchester

FREE
SPORT AND
ACTIVITIES FOR
STUDENTS AND
STAFF

**JAN-APR
2017**

**BE
YOUR
BEST**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BADMINTON	1pm-2pm (Staff only) Sugden Sports Centre Hall A	7.30pm-8.30pm Sugden Sports Centre Hall C		1pm-2pm (Staff only) Sugden Sports Centre Hall A		11am-1pm Armitage Centre Hall B	
BASKETBALL					5pm-6pm Armitage Centre Hall B	10am-12pm (Men only 3v3) Sugden Sports Centre Hall A 12pm-2pm (Women only) Sugden Sports Centre Hall A	
DODGEBALL			4pm-5pm Active Lifestyles Centre		7pm-8pm Active Lifestyles Centre		
FUTSAL				5pm-6pm Sugden Sports Centre Hall B		3pm-5pm Sugden Sports Centre Hall A and B	
HOCKEY		6pm-8pm Armitage Centre Astro D					
INDOOR CRICKET							12pm-2pm Armitage Centre Halls A and B
INTERVAL TRAINING	6.40pm-7.10pm (Men only) Simon Building Activity Room	7.10pm-8pm (Women only) Simon Building Activity Room					
LACROSSE		8pm-10pm Armitage Centre Astro B					
NETBALL	6pm-8pm Armitage Centre Hall B			6pm-7pm (Mixed) Sugden Sports Centre Hall A			
SELF DEFENCE	5.15pm-6.15pm Sugden Sports Centre Activity Room 2						
SOFTBALL	5pm-6pm Sugden Sports Centre Hall B	7pm-9pm* Powerleague Soccer Dome					12pm-1pm Sugden Sports Centre Hall A
SQUASH/ RACKETBALL		12.20pm-1.40pm Sugden Sports Centre Squash Courts 1-4		6.20pm-7.40pm Sugden Sports Centre Squash Courts 1-6			
SWIMMING			1.30pm-2.30pm (Women only) Aquatics Centre Training Pool 8pm-9pm Aquatics Centre Main Pool		12pm-2pm Aquatics Centre Main Pool		3.30pm-4.30pm Aquatics Centre Training Pool
TABLE TENNIS			6.15pm-8.15pm (Staff only) Sugden Sports Centre Activity Room 1		5pm-7pm Armitage Centre Conference Room		
TOUCH RUGBY	8pm-9pm Armitage Centre 3G Rugby Pitch (Half B)						
ULTIMATE FRISBEE			6pm-8pm Armitage Centre Astro B				
VOLLEYBALL					5pm-6pm Sugden Sports Centre Hall B	1pm-3pm Sugden Sports Centre Hall A	
WOMEN'S FITNESS				7pm-8pm Simon Building Activity Room			
WOMEN'S FOOTBALL	6pm-7.30pm Armitage Centre 3G Football Pitch (Half A)	5pm-7pm Sugden Sports Centre 5-a-side Pitch (5pm-6pm Staff, 6pm-7pm Students)					
5-A-SIDE FOOTBALL				6pm-7pm Sugden Sports Centre 5-a-Side Pitch			

*Transport is provided to the Powerleague Soccer Dome – please email sporticipate@manchester.ac.uk for details.

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

SPORTICIPATE



Check out:
www.manchester.ac.uk/sporticipate

For regular updates:

sporticipate

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