

#FITGOTREAL

THIS GIRL CAN

All events are **women only**

1-8 December 2019

All sessions, unless stated otherwise, are drop in and **completely FREE** – just come along!

Day	Activity	Time	Location
Sun 1 Dec	Table Tennis*	12-2pm	Armitage Sports Centre (CR)
Sun 1 Dec	Women's Ski Session (ticketed event)	3pm	Chill Factor
Sun 1 Dec	Manchester Universities Free Women's Basketball Tournament (ticketed event or just come and watch)	3-7pm	Sugden Sports Centre
Mon 2 Dec	Self-Defence	5-6pm	Student's Union
Mon 2 Dec	Netball	6.30-8pm	Armitage Sports Centre (Hall B)
Mon 2 Dec	Football	6-7pm	Armitage Sports Centre (Pitch F)
Mon 2 Dec	Street Dance	6.45-7.45pm	Simon Building (AR)
Mon 2 Dec	Stall	12-2pm	Student's Union Foyer
Mon 2 Dec	This Girl Can Run	6.30pm-8.30pm	Student's Union Foyer
Tue 3 Dec	Stall	12-2pm	Student's Union Foyer
Tue 3 Dec	This Girl Can Touch Rugby*	7-8pm	Armitage Sports Centre (Pitch E)
Wed 4 Dec	Basketball	5-6pm	Sugden Sports Centre
Wed 4 Dec	Swimming	1.30-2.30pm	Manchester Aquatics Centre
Wed 4 Dec	Judo	4.30-6pm	Armitage Sports Centre (CR)
Wed 4 Dec	Come and Support BUCS UoM Women's Lacrosse 2s vs Sheffield 2s	3pm	Armitage Sports Centre (Pitch B)
Wed 4 Dec	Come and Support BUCS UoM Netball 1s vs MMU 1s	5pm	Armitage Sports Centre (Hall A)
Wed 4 Dec	Come and Support BUCS UoM Women's Football 1s vs UCFB 1s	5pm	Armitage Sports Centre (Pitch F)
Wed 4 Dec	Come and Support BUCS UoM Women's Lacrosse 1s vs Birmingham 2s	5pm	Armitage Sports Centre (Pitch B)
Wed 4 Dec	STRONG by Zumba	7.10-8pm	Simon Building (AR)
Thu 5 Dec	Korfball*	3-5pm	Armitage Sports Centre (Hall A)
Thu 5 Dec	Dodgeball	5-6pm	Sugden Sports Centre
Thu 5 Dec	Futsal	6-7pm	Sugden Sports Centre
Thu 5 Dec	Squash	6.20-7.40pm	Sugden Sports Centre
Thu 5 Dec	Hockey	7-8pm	Armitage Sports Centre (Pitch B)
Fri 6 Dec	Indoor Cycling	12-1pm	Armitage Sports Centre (Studio)
Fri 6 Dec	Introduction to HIIT	5-6pm	Armitage Sports Centre (CR)
Sat 7 Dec	Be Active Yoga Retreat SOLD OUT	9.30am-4.30pm	Wellbeing Rooms, Simon Building
Sat 7 Dec	Women's Rugby – Pitch up & Play	12-2pm	Armitage Sports Centre (Pitch E)
Sun 8 Dec	Non-Contact American Football*	11.30am-12.30pm	Armitage Sports Centre (Pitch E)

*There will be males in attendance at these sessions.

AR = Activity Room, Wellbeing Rooms | CR = Conference Room

Times may vary, please refer to website and Facebook page for most up to date information.

For all ticketed events please go to
www.manchester.ac.uk/sporticipate/tgc