

MANCHESTER
1824

The University of Manchester

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STUDENTS

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DE-STRESS

EXAM PERIOD TIMETABLE

MONDAY 15 JANUARY – FRIDAY 26 JANUARY

THE SIMON BUILDING WELLBEING ROOMS AND WHITWORTH PARK HALLS OF RESIDENCE

	Class	Time	Location
Monday	Sunrise Yoga	9 - 10am	Activity Room
	Tai Chi for Health	12 - 1pm	Dual Usage Room
	Run in Style	1.30 - 3.30pm	Activity Room
	Iyenga Yoga	5 - 6pm	Activity Room
	Soccercise	5 - 6pm	Dual Usage Room
Tuesday	Sunrise yoga	8.30 -9.30am	Activity Room
	Yogalates	12 - 1pm	Activity Room
	Zumba	6.10 - 7.10pm	Activity Room
	Rage Relief (Self-Defence)	5.30 - 6.30pm	Dual Usage Room
Wednesday	Sunrise Yoga	8.30 -9.30am	Dual Usage Room
	Indian Club Swinging	12 - 1pm	Activity Room
	BodyFit Workout	1.30 - 2.15pm	Whitworth Park Halls Squash Court
	Hatha Yoga	6.10 - 7:10pm	Activity Room
Thursday	Sunrise Yoga	9 - 10am	Activity Room
	Cardioblast	12.30 - 1pm	Activity Room
	Fitstep	6 - 6:50pm	Dual Usage Room
	Gymfit	7 - 8pm	Dual Usage Room
Friday	Sunrise Yoga	9 - 10am	Activity Room
	Kettlebell Conditioning	12 - 1pm	Activity Room
	Tai Chi Ball	12 - 1pm	Dual Usage Room
	Yin Yoga	4:45 - 5.45pm	Dual Usage Room
	Core de Force	5.35 - 6.30pm	Activity Room

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

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