

MANCHESTER  
1824

The University of Manchester

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STUDENTS

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# DE-STRESS

## EXAM PERIOD TIMETABLE

### MONDAY 14 MAY – FRIDAY 8 JUNE 2018

	Class	Time	Location
Monday	Sunrise Yoga	8-9am	Simon Building, Activity Room
	Interval Training (mixed)	6.45-7.45pm	Simon Building, Activity Room
Tuesday	Sunrise Yoga	8-9am	Simon Building, Activity Room
	Mindful Movement & Meditation	12-12.30pm	St Peters House
	Run Group	12.10-1pm	Active Lifestyles Centre, Denmark Road, M15 6FG (meet outside)
	Squash	12.20-1.40pm	Sugden Centre
	Yoga	5.30-6.30pm	Hulme Hall JCR Room
	Interval Training (women only)	7.10-8pm	Simon Building, Activity Room
Wednesday	Sunrise Yoga	7.45-8.30am	St Peters House
	Salsa	4-6pm	Whitworth Park Squash Court
	Street Dance	7.20-8.20pm	Simon Building, Activity Room
Thursday	Sunrise Yoga	8-9am	Simon Building, Activity Room
	Run Group	12.10-1pm	Active Lifestyles Centre, Denmark Road, M15 6FG (meet outside)
	Run Group	5-6pm	Sackville Street Building (meet at Vimto sculpture)
	Touch Rugby	6-8pm	Armitage Centre
	Rage Relief	7-8pm	Simon Building, Activity Room
Friday	Sunrise Yoga	8-9am	Simon Building, Activity Room
	Salsa	4-6pm	Whitworth Park Squash Court

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

**SPORTICIPATE**