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!

**ACTIVITY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** | **SUNDAY**
--- | --- | --- | --- | --- | --- | --- | ---
Bachata Dance | | 5.30 - 6.30pm | | | | 6 - 8pm Students’ Union | 6 - 8pm Armitage Sports Centre
Badminton | 5.30 - 6.30pm | Sugden Sports Centre | | | | 6 - 8pm Armitage Sports Centre | 10.30am - 12.30pm (Mixed) 12.30 - 1.30pm (Women only) Sugden Sports Centre
Basketball | | | | | | | 
Bodyfit | | 5.30 - 6.15pm | Owen’s Park | | | | 
Boxercise (Ki-Box Fit) | | 6.15 - 7pm | Owen’s Park | | | | 
Boxing | | 6 - 7pm | | | | | 
Bodysculpt | 5 - 6pm (Women only) 6 - 7pm (Men only) | | | | | | 
Futsal | 5 - 6pm (Women only) 7 - 8pm (Men only) | Sugden Sports Centre | | | | | 
Gymfit | | 7 - 8pm | | | | | 
Handball | 6 - 8pm | | | | | | 
Hockey | | | 7 - 8pm | | | | 
Indoor Cricket | | 7 - 9pm | Armitage Sports Centre | | | | 
Kickboxing | | | | 5.30 - 6.30pm | Sugden Sports Centre | | 
Korfball | | | 4.30 - 6.30pm | Sugden Sports Centre | | | 
Lacrosse | | 8 - 9pm | Armitage Sports Centre | | | | 
Netball | 6 - 8pm | | | | | | 
Running Groups | | 6.15 - 7.30pm | Students’ Union | | | | 
Salsa | | | 4 - 6pm | | | | 
Self Defence | | 7.30 - 8.30pm | | | | | 
Softball | 5 - 6pm | Sugden Sports Centre | | | | | 
Squash | 6 - 8pm | Whitworth Park | 12.20 - 1.40pm | Sugden Sports Centre | 6.20 - 7.40pm | Sugden Sports Centre | 1.30 - 4.30pm Man. Aquatics Centre
Swimming | 1.30 - 2.30pm (Women only) 8 - 9pm Man. Aquatics Centre | | | | | | 
Taekwondo | | 7.30 - 8.30pm | Students’ Union | | | | 1 - 3pm Armitage Sports Centre
Table Tennis | 12.30 - 2.30pm | Sugden Sports Centre | | | | | 
Touch Rugby | | 6 - 8pm | | | | | 
Ultimate Frisbee | | 6 - 7pm | | | | | 
Volleyball | | 6 - 8pm | Armitage Sports Centre | | | | 
Water Polo | | 8 - 10pm | Man. Aquatics Centre | | | | 
Women’s Football | 6 - 7pm | | | | | | 

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