

SPORTICIPATE

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 - 6pm Students' Union		
Badminton		5.30 - 6.30pm Sugden Sports Centre				6 - 8pm Armitage Sports Centre	
Basketball							10.30am - 12.30pm (Mixed) 12.30 - 1.30pm (Women only) Sugden Sports Centre
Bodyfit			5.30 - 6.15pm Owen's Park				
Boxercise (Ki-Box Fit)			6.15 - 7pm Owen's Park				
Boxing		6 - 7pm Armitage Sports Centre					
Dodgeball	5 - 6pm (Women only) 6 - 7pm (Men only) Active Lifestyle Centre						
Futsal				5 - 6pm (Women only) 7 - 8pm (Men only) Sugden Sports Centre			
Gymfit				7 - 8pm Hulme Hall			
Handball		6 - 8pm Sugden Sports Centre					
Hockey				7 - 8pm Armitage Sports Centre			
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 Armitage Sports Centre						
Running Groups		6.15 - 7.30pm Students Union					
Salsa			4 - 6pm Whitworth Park				
Self Defence		7.30 - 8.30pm Sugden Sports Centre					
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			
Swimming			1.30 - 2.30pm (Women only) 8 - 9pm Man. Aquatics Centre				3.30 - 4.30pm Man. Aquatics Centre
Taekwondo			7.30 - 8.30pm Students' Union				
Table Tennis	12.30 - 2.30pm Sugden Sports Centre					1 - 3pm Armitage Sports Centre	
Touch Rugby				6 - 8pm Armitage Sports Centre			
Ultimate Frisbee				6 - 7pm Armitage Sports Centre			
Volleyball					6 - 8pm Armitage Sports Centre	1 - 3pm Armitage Sports Centre	
Water Polo					8 - 10pm Man. Aquatics Centre		
Women's Football	6 - 7pm Armitage Sports Centre						

FREE
TO ALL AT THE
UNIVERSITY

LOCATIONS

Activities are based at various locations.

Sugden Sports Centre

Armitage Sports Centre

Halls of Residences

Other locations

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