

FREE
FOR ALL
STUDENTS

**BE
YOUR
BEST**

DE-STRESS

EXAM PERIOD TIMETABLE

MONDAY 13 JANUARY – SUNDAY 26 JANUARY 2020

	Class	Time	Location
Monday	Sunrise Yoga	8 - 9am	Wellbeing rooms, Simon Building (AC)
	Calm your brain and have a Croissant*	9.30 - 10am	Learning Commons
	Calm your brain and have a Croissant*	10 - 10.30am	Learning Commons
	Tai Chi	1 - 1.55pm	Wellbeing rooms, Simon Building (DUR)
	UV Yoga	5 - 6pm	Armitage Centre Studio
	Street Dance	6.45 - 7.45pm	Wellbeing rooms, Simon Building (AC)
Tuesday	Sunrise Yoga	7.15 - 8.15am	Armitage Centre Studio
	Sunrise Yoga	8 - 9am	Wellbeing rooms, Simon Building (AC)
	Calm your brain and have a Croissant*	9.30-10am	Learning Commons
	Calm your brain and have a Croissant*	10 - 10.30am	Learning Commons
	Muse Headband Meditation	11am-1pm	Main Library Ground Floor
	Mindful Movement and Meditation	12.30 - 1pm	St Peters Chaplaincy (Wholeness Studio)
	Running Group (Run Wild)	6.15 - 7.30pm	Meet outside SU
Wednesday	Rage Relief (Self Defence)	7.30 - 8.30pm	Wellbeing rooms, Simon Building (AC)
	Sunrise Yoga	8 - 9am	Wellbeing rooms, Simon Building (AC)
	Calm your brain and have a Croissant*	9.30 - 10am	Learning Commons
	Calm your brain and have a Croissant*	10 - 10.30am	Learning Commons
	Dancefit	12.30 - 1pm	St Peters Chaplaincy (Wholeness Studio)
	Swimming (Women's only)	1.30 - 2.30pm	Manchester Aquatics Centre (Lane Swimming)
	Bodyfit	5.30 - 6.15pm	Owen's Park (Tower Hall)
	Ki-Box Fit	6.15 - 7pm	Owen's Park (Tower Hall)
	Strong and Fit	6.10 - 7pm	Wellbeing rooms, Simon Building (AC)
	Swimming	8 - 9pm	Manchester Aquatics Centre (Lane Swimming)

Key:

AC = Activity Room DU = Dual Usage Room

* = Runs 6th - 17th Jan

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SPORTICIPATE

MANCHESTER
1824

The University of Manchester

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Thursday	Sunrise Yoga	8 - 9am	Wellbeing rooms, Simon Building (AC)
	Calm your brain and have a Croissant*	9.30 - 10am	Learning Commons
	Calm your brain and have a Croissant*	10 - 10.30am	Learning Commons
	Muse Headband Meditation	11am-1pm	Main Library Ground Floor
	Challenging unhelpful thinking habits	1.30 - 3pm (16 Jan only)	Learning Commons
	Swing Dance	5 - 6pm	Wellbeing rooms, Simon Building (AC)
Friday	Touch Rugby	6 - 7pm	Armitage Centre
	HIIT	6.30 - 7.30pm	Owen's Park (Tower Hall)
	Sunrise Yoga	8 - 9am	Wellbeing rooms, Simon Building (AC)
	Indoor Cycling	7.30 - 8.15am	Armitage Centre Studio
	Calm your brain and have a Croissant*	9.30 - 10am	Learning Commons
	Calm your brain and have a Croissant*	10 - 10.30am	Learning Commons
Saturday	Tai Chi	12 - 1pm	Wellbeing rooms, Simon Building (DUR)
	Break Dance	6 - 7pm	Wellbeing rooms, Simon Building (DUR)
Sunday	Relax!		
Sunday	Swimming	3.30 - 4.30pm	Manchester Aquatics Centre (Lane Swimming)
	Cardio Conditioning	5.30 - 6.15pm	Armitage Centre Studio
	Indoor Cycling	6.30 - 7.15pm	Armitage Centre Studio

MANCHESTER
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**SPORTICIPATE WILL RETURN
IN SEMESTER 2...**

**Free for
Students and
Staff**

Sporticipate Semester 2 27th Jan - 27th Mar

<http://www.sport.manchester.ac.uk/sport/sporticipate/>

<https://www.facebook.com/sporticipate/>

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Cardio Conditioning

This non-stop cardio workout is designed to build up cardiovascular endurance and burn fat.

Indoor Cycling

Get ready to boost your fitness levels and burn calories. Pedal through hill climbs, sprints, and many other challenging drills and exercises to the beat of motivating music.

Bodyfit/Ki-Box Fit

This fitness class involves Boxing and Kick Boxing techniques but without the contact. Its training principles form a fun, addictive, safe, stress-busting workout, suitable for all levels of ability.

HIIT

High Intensity Interval Training combines short sharp bursts of exercise with more relaxed rest periods, providing a stress and calorie busting workout.

Break Dance

A style of dancing often performed to rap, hip-pop, funk and soul music and characterised by a variation of movements such as spinning, tumbling and a range of improvisational moves. No experience needed.

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Counselling events

For further information about Calm Your Brain and Have a Croissant, Managing Academic Stress, and Yoga for Self-Care, please visit:

<https://www.counsellingservice.manchester.ac.uk/workshops/>

Mindful Movement and Meditation

Half an hour to step away from your desk to breath, stretch and relax. Mats provided, comfortable clothing suggested.

Rage Relief (Self Defence)

Rage-relief (hosted by the Sporticipate Self Defence team) is a different twist on the usual de-stress calendar. The session gives you the opportunity to let out all that frustration, stress and tension by releasing it through pad work, whole body exercises and rage. Participants require no previous experience, everyone is welcome and everyone gets rage - so come and relieve it over the next few weeks.

Running Group (Run Wild)

As part of the Run Wild society, the Running Groups are aimed at complete beginners. You will be running in a large group around campus, giving you a chance to meet like-minded others.

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Street Dance

Street dance is an excellent way to stay fit and active. Come and join us as we make our statement to show that we girls can! During the session you will learn an original street dance routine choreographed and taught by experienced professionals. It promises to be a fun session suitable for all levels.

Sunrise Yoga

Relax and come down to our daily Yoga sessions, for a calming and refreshing start to your morning.

Swimming (All sessions)

Drop into our swimming sessions at the Aquatics centre. All sessions consist of free use of the lanes, without an instructor.

Swing Dance

Partnered jazz dancing, with an emphasis on improvisation and energy. No need to bring a partner and there are no gender specific roles.

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Dancefit

30 minutes of disco-beats and dancing like nobody's watching. Our qualified instructor will make sure this session is accessible to all levels and abilities, so come along and drop it like it's hot.

UV Yoga

Yoga in the dark with neon UV lights. This class will be an energising flow that builds strength, balance, and flexibility through simple and challenging moves. You get happy and healthy from the inside out.

Tai Chi

The underlying principles of Tai Chi facilitate coordination of body, mind and breath to promote health, wellbeing and vitality. This class is meditative, calming, relaxing and fun.

Strong and Fit

Combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

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