

27 APRIL

# wellbeing Wednesday

A day of free and fun activities to help you relax before the exam season starts.  
All the activities are **drop-in** - there's no need to register or book.

ACTIVITY	TIME	LOCATION
Relaxation	All day	Chill Out Room - Simon Building (Ground Floor)
Yoga	09:00 - 09:45	Activity Room - Simon Building (Ground Floor)
Tai Chi	09:00 - 09:45	Dual Usage Room - Simon Building (Ground Floor)
Muse Headbands	09:00 - 11:00	Resource Room - Simon Building (Ground Floor)
Breakfast & Relaxation Session	09:30 - 10:00	Large Group Room - Simon Building (1st Floor)
Breakfast & Relaxation Session	10:00 - 10:30	Large Group Room - Simon Building (1st Floor)
Pilates	10:00 - 10:45	Activity Room - Simon Building (Ground Floor)
Qigong	10:00 - 10:45	Dual Usage Room - Simon Building (Ground Floor)
Challenging Unhelpful Thinking Habits	10:30 - 12:00	Alan Gilbert Learning Commons
Osteopath	10:00 - 17:45	Treatment Room - Simon Building (Ground Floor)
Beauty Bar (Nails/make-up/hand massage)	11:00 - 15:00	UMSA Room - Simon Building (Ground Floor)
Barre Concept	11:00 - 11:45	Activity Room - Simon Building (Ground Floor)
Calm Energy and how to get in the Zone	11:00 - 12:00	Large Group Room - Simon Building (1st Floor)
Pilates	12:00 - 12:45	Activity Room - Simon Building (Ground Floor)
Massage	12:00 - 16:00	UMSA Room - Simon Building (Ground Floor)
Zumba	13:00 - 13:45	Dual Usage Room - Simon Building (Ground Floor)
Managing Exam Stress	13:00 - 14:30	Alan Gilbert Learning Commons
Fit Steps	14:00 - 14:45	Activity Room - Simon Building (Ground Floor)
Yoga	14:00 - 14:45	Dual Usage Room - Simon Building (Ground Floor)
PiYo	15:00 - 15:45	Activity Room - Simon Building (Ground Floor)
Self Defence	16:00 - 16:45	Activity Room - Simon Building (Ground Floor)
Roller Disco	17:00 - 19:00	Sugden Centre, Grosvenor Street
Mindfulness	17:00 - 18:00	Alan Gilbert Learning Commons
Clothes Swap & CDs	17:00 drop / 17:15 start	UMSA Room - Simon Building (Ground Floor)
Interval Training	18:15 - 19:00	Dual Usage Room - Simon Building (Ground Floor)
Women Only Fitness	19:00 - 19:45	Dual Usage Room - Simon Building (Ground Floor)

For more info visit: [manchesterstudentsunion.com/wellbeing](https://manchesterstudentsunion.com/wellbeing)  
Email [Health.fitness@manchester.ac.uk](mailto:Health.fitness@manchester.ac.uk) or contact **0161 275 5985**