



TIMETABLE

Monday

Badminton - Sports Hall - 11:00 - 12:00

Women's Basketball - Sports Hall - 13:00 - 15:00

Netball - Sports Hall - 15:00 - 17:00

Learn to lift - IAC Teaching Room - 16:00 - 18:00

Social Tennis - Tennis Courts - 16:00 - 18:00

Pole Dancing - The Venue - 19:00 - 21:00

Tuesday

Pilates - Isambard Studio - 12:00 - 13:00

Cheer - Netball Hall - 12:30 - 13:30

Hand Balancing - Isambard Studio - 16:00 - 18:00

Pilates - The Venue - 17:30 - 18:30

Boxercise - Isambard Studio - 18:00 - 19:00

Ultimate Frisbee - Isambard Studio - 18:00 - 19:00

Wednesday

11 a side Intramural League - 3G Pitch - 11:00 - 17:00

Pungra - Isambard Studio - 17:00 - 18:00

Boxercise - Isambard Studio - 18:00 - 19:00

Dance - Isambard Studio - 19:00 - 21:00

Thursday

Morning Yoga - Isambard Studio - 08:00 - 09:00

Yoga - Isambard Studio - 11:00 - 12:00

Handball - Sports Hall - 12:00 - 14:00

Staff Yoga - The Venue - 12:00 - 13:00

Touch Tennis - Netball Hall - 12:30 - 13:30

Football - 3G Pitch - 15:00 - 17:00

Table Tennis - IAC Teaching Room - 16:00 - 18:00

Learn to lift - IAC Teaching Room - 16:00 - 18:00

Lacrosse - Multi-Use Pitch - 16:00 - 17:00

Yoga - The Venue - 17:30 - 18:30

Touch Rugby - Multi Use Pitch - 20:00 - 21:00

Friday

Basketball - Sports Hall - 09:00 - 11:00

Tennis ladder - Tennis courts - 10:00 - 13:00

Ultimate Frisbee - Sports Hall - 11:00 - 13:00

Learn to lift - IAC Teaching room - 16:00 - 18:00

Societies Football - 3G Pitch - 19:00 - 22:00

Futsal Intramural - Netball Hall - 20:30 - 22:30

Saturday

Yogalates - Isambard Studio - 11:00 - 12:00

Sunday

6 a side league - 3G Pitch - 16:00 - 18:00