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| --- | --- | --- | --- | --- | --- |
|   | Monday | Tuesday | Wednesday | Thursday | Friday |
| 12pm-1pm |  |  |   |  |  |
| **Boys 5 aside football** *@ Lightwaves Sportshall* (12.30pm - 2pm) |
| 1pm-2pm |  |  |  |  |
| 2pm-3pm |  |  | **Boys 5 aside football** Just Play@ *Glasshoughton 3G* (2pm-3.30pm) |  |  |
| 3pm-4pm  |  | **Girls football** @ *Lightwaves* *Sportshall*(3pm-4pm)  |  |  |  |
| **Just Dance** @ *Lightwaves*(3.15pm-4.30pm) |
|  |
| **Boys 5 aside****Football**@ *Lightwaves* *Sportshall* (3.30pm-5pm) |
| 4pm-5pm  | **Basketball/Netball** @ *Lightwaves Sportshall*(4pm-5pm) | **Cheerleading** @ *Lightwaves*(4pm-5pm) |  | **Zumba** @ *Crofton Academy* (4pm-5pm)  |  |
|  |
| 5pm-6pm  | **Boys 5 aside football** Team Nineteen League @ *Glasshoughton 3G* (5pm-6pm) | **Weightlifting\***@ *City Campus*(5pm-6pm) |  | **Weightlifting\***@ *City Campus*(5pm-6pm) | **Zumba**@*Lightwaves* (5pm-6pm) | **Weightlifting\***@ *City Campus*(5pm-6pm) |  |

For more information on any activities contact Sports Activator, Yasmin Ayub – y.ayub@wakefield.ac.uk or visit student services.

\*Weightlifting incurs a cost of £2 per session or £5 per week. For more information contact Mark Helme