|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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](mailto: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