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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | | | | Wednesday | | Thursday | | | Friday |
| 10am-11am |  |  | | | | **Counselling Drop In**  *Counselling Office, Student Services*  10am – 11am | |  | | |  |
| 11am-12pm |  |  | | | |  |  |  | | |  |
| **Team Nineteen**  **5 aside**  **Football League**  *Lightwaves*  11.30pm -1.30pm |
| 12pm-1pm |  | **Chess Club**  *Above Starbucks*  12pm-2pm |  | |  | **Cookery Club**  *Gaskells ROOM TBC*  12pm-2pm | **Counselling Drop In**  *Thornes* TMF39  12pm – 1pm | |  | **Girls Football**  *Lightwaves*  11am-12pm |
| **Trampolining**  *Lightwaves*  12.30pm-1.30pm  (Coming soon) | **C Card Drop In**  *Student Services*  *2nd Floor,Harrison*  12.30pm – 1.30pm |
| 1pm  -  2pm |  | |  |
|  | **Smash Up Badminton**  *Lightwaves*  1.30pm-2.30pm |  |  |
| 2pm  -  3pm |  |  | | |  | |  | | | **Just Play**  **5 aside**  **Football**  *Lightwaves*  2pm-3pm |
|  |
| 3pm-4pm |  |  | | | |  | |  | | |  |
| **Street Dance**  *Lightwaves*  3.30pm-4.30pm |
| 4pm  -  5pm | **Basketball**  *Lightwaves*  4pm-5pm | | **Netball**  *Lightwaves*  4pm-5pm | | **Duke of Edinburgh**  *Student Union Office – Refectory*  4pm-5pm | **Boxercise**  *Lightwaves*  ***(Starts 7th October)***  4pm-5pm |  | | |  |
|  |
| 5pm-6pm | **Weightlifting\***  *City Campus*  5pm-6pm |  | | | | **Weightlifting\***  *City Campus*  5pm-6pm | |  | **Weightlifting\***  *City Campus*  5pm-6pm | |  |

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|  | Monday | | | Tuesday | | Wednesday | | | Thursday | | | Friday |
| 9am  10am | **Bike Maintenance**  *TBC*  9am – 10am | | | **Counselling Drop In**  *CXL04, Library*  9am – 10am | |  | | |  | | | **Bike Maintenance**  *TBC*  9am – 10am |
| **Rugby**  *ASDA playing field*  9.30am – 10.30am | | |
| 10am  11am |  | | |  | |  | | |  |
|  | | |
| 11am  12pm | **Ultimate Frisbee**  *ASDA playing field*  11am – 12pm | | |  | |  | | |  | | |  |
| 12pm  1pm |  | | | **Killer Pool**  *@ Castleford Refectory*  12pm – 1pm | **C-Card Drop In**  *TBC*  12pm – 2pm | **Team**  **Nineteen**  **5 Aside Football League** *Glasshoughton 3G*  12pm – 2pm | **C-Card Drop In**  *TBC*  12pm-1pm |  | **Cookery Club**  *TBC*  12pm – 1pm | **C-Card Drop In** *TBC*  12pm – 2pm |  | **Ultimate Frisbee**  *ASDA playing field*  11am – 12pm |
| **Sexual Health** **Workshop**  *TBC*  12.15 -1.15pm | **Sexual Health Workshop**  *TBC*  12.15 -1.15pm |
| 1pm  2pm |  | | |  |  |  |
|  |  |
| 2pm  3pm |  | | |  | |  | | |  | | |  |
| 3pm  4pm |  | | |  | |  | | |  | | |  |
| 4pm  5pm |  | **Just Play Football**  *@ Glasshoughton 3G*  4pm-5pm |  |  | | **Duke of Edinburgh**  *City Campus Student Union Office*  4pm – 5pm | | | **Street Dance**  *@ Glasshoughton Studio?*  4pm – 5pm | | |  |
| **Anger Management**  *TBC*  *4.15pm-5.15pm* | **Anger Management**  *TBC*  *4.15pm-5.15pm* | **Boxercise**  *TBC*  4.15pm – 5.15pm |