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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* TMF3912pm – 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 |
| 9am10am | **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 |
| 10am11am |  |  |  |  |
|  |
| 11am12pm | **Ultimate Frisbee***ASDA playing field*11am – 12pm |  |  |  |  |
| 12pm1pm |   | **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 |
| 1pm2pm |  |  |  |  |
|  |  |
| 2pm3pm |  |  |  |  |  |
| 3pm4pm |  |  |  |  |  |
| 4pm5pm  |  | **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 |