

## MOVE TIMETABLE

	MORNING			AFTERNOON				EVENING					
MONDAY	Badminton* 09:30-11:00 Sports Hall	Hula Hooping 12:15-13:00 Bower Ashton	Table Tennis* 12:00-13:00	BarreX 13:00-14:00 Studio 1	3v3 Basketball 13:00-15:00 Sports Hall	Hula Fit 13:00-13:45 Sports Hall	Flag Football 14:00-15:00 Astro	Online Pilates 17:00-18:00	Boxercise 17:00-18:00 1C08 Glenside	Laughter Yoga 17:30-18:30 Studio 2	Pilates 18:00-19:00 1C08 Glenside	Yoga 18:00-19:00 SU Studio	Swimming Beginners 18:00-18:30 UoB Pool
	Basketball* 11:00-12:00 Sports Hall	MenoSTRENGTH 12:00-12:45 Studio 1	Strength & Sweat 12:00-13:00 Studio 1	Online Yoga 13:30-14:30	Strength for Aerial Hoop 14:00-14:45 Studio 1	Hand Drumming 15:30-16:30 Centre for Music	Yoga 16:30-17:30 1D003 Bower Ashton	Swimming Improvers 18:30-19:00 UoB Pool	Step Aerobics 18:45-19:45 Studio	Building Body Confidence Yoga 19:50-20:30 Studio 2	Meditation 20:35-21:15 Studio 2	Sass Dance 19:35-20:15 Studio 1	Bollywood 20:20-21:00 Studio 1
TUESDAY	BarreX 09:30-10:30 Studio 1		Online Pre/Post Natal 10:00-11:00	Dancefit 12:00-12:50 Studio 1		Online Pilates 12:00-12:50	Online Stretch & Relax 13:00-13:30	Run Group 17:00-18:00 Meet at CFS	Aerial Hoop & Silks 18:30-20:00 SU Upper Engagement Space	5-a-side Football League 18:30-21:00 Hillside	Zorb Football 19:00-20:00 Astro	Carnival Fitness 20:00-21:00 Studio	
	Meditation 17:00-18:00 Bower Ashton		Climbing 18:00-19:00 Climbing Wall	Archery Tag 20:00-21:00 Astro		Relax & Recharge 20:15-21:00 Studio 2							
WEDNESDAY	Online FIND15 Yoga 08:40-08:55	Intro to Free Weights 07:30-08:15 Gym	Badminton* 09:00-10:00 Sports Hall	Basketball* 10:00-11:00 Sports Hall	Yoga 12:15-13:00 Octagon	11-a-side Football League 14:00-18:00 Hillside		Yoga 17:00-18:00 Glenside	Social Swim 16:45-18:00 UoB Pool	Deep Relaxation Yoga 18:45-19:45 Centre for Music	Outdoor Football* 18:00-20:00 Astro	Futsal 20:30-22:30 Sports Hall	Late Night Yoga 22:00-22:45 Octagon
THURSDAY	Intro to Gym 08:15-09:00 Gym	Volleyball* 10:00-11:00 Sports Hall	Table Tennis* 11:00-12:00 Sports Hall	Tai Chi & Qi Gong 12:30-13:30	Badminton* 12:00-12:55 Sports Hall	Run Group 12:00-12:45 Meet at CFS	Hula Hooping 13:15-14:15 Studio 1	Yoga 17:15-18:15 Arnolfini	Online Fit at Home 17:10-17:55	Squash 16:50-17:50 CFS	Aerial Hoop & Silks 18:30-20:00 SU Upper Engagement Space	Wheelchair Basketball 19:30-20:30 Sports Hall	
	Basketball* 10:00-12:00 Sports Hall		3v3 Basketball* 11:00-12:00 Sports Hall	Frenchay SU Studio	Flag Football 14:00-15:00 CFS	Touch Rugby 16:00-17:30 Hillside Gardens	3v3 Basketball* 16:00-17:00 Sports Hall	Netball League 18:00-21:00 Sports Hall	Online Legs & Core 19:00-19:45	Dancefit 19:30-20:10 Studio 1	Flex & Stretch 20:15-20:45 Studio 2	Outdoor Football* 20:00-22:00 Astro	Relax and Recharge 20:00-20:45 Studio 2
FRIDAY	Online Learn to Meditate 08:15-09:00		Intro to Gym 11:00-11:45 Gym	Intro to Free Weights 12:00-12:45 Gym	Online Pilates 13:15-14:00	Yoga 12:00-13:00 Glenside	MenoFIT 12:00-13:00 Octagon	Tai Chi & Qi Gong 17:00-18:00 Studio 2	Online Ab Attack 17:15-17:55	Student Life Racket Sport 17:30-18:30 Sports Hall	Relax with Breathing and Meditation 18:00-18:45 Studio 2	Outdoor Football* 18:00-20:00 Astro	
	BarreX 18:20-19:15 Studio 1		Sass Dance 19:45-20:30 Studio 1										
SATURDAY	Mindful Movement 10:00-11:00 Studio 1			LGBTQ+ Swim 13:30-14:30 UoB Pool				Outdoor Football* 17:30-19:30 Astro					
SUNDAY	Online Pilates 10:00-11:00			Women's Basketball* 14:30-15:30   Sports Hall		Mixed Basketball* 14:30-16:30   Sports Hall		Outdoor Football* 17:30-19:00   Astro			Touch Rugby 18:00-20:00   Hillside		
KEY	<b>BOOKABLE WEEKLY SESSIONS</b> Free for MOVE and Active Card Members or PAYG Please book via the UWE Bristol Sport App, online or by phoning 01173286200			<b>ONLINE CLASSES</b> Available via Zoom. Access the links through the UWE Bristol Sport app.			<b>LEAGUES</b>		* Uncoached sessions with facilities and equipment available				