

All Week (Mon-Fri)	Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
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Quad Catering	BHSF 10.00-14.00	Fruit Drop All Day	Student Wellbeing Stand 10.00-14.00	Quit 51 11.00-14.00	Spinning 07.15-08.00
Fairtrade Fortnight	Smoothie Bike 11.00-12.30	Boxing Fitness 07.15-08.00	Basketball 11.00-12.00	Chair Yoga 12.00-12.30	Body MOTs 09.00-10.30 and 10.45-12.00
Wellpoint Machine (Sports Centre)	Desk Based Exercises for Students 11.00-12.00	General Wellness Checks 09.00-16.00	Body MOT's 11.00-12.30 / 12.45-14.15 / 14.45-16.00	Desk Based Exercises for Staff 12.00-13.00	Crazy Gold 11.00-15.00
Exercise Referral Scheme (Sports Centre)	Positive Health 11.00-14.00	Kitchen Garden 12.15-13.45	Dental Hygiene Stand 11.00-14.00	Meditation 12.30-13.00	Walk and Talk 12.05-12.50
Personal Programme (Sports Centre)	University and Cycling 11.00-14.00	Laughter Yoga 13.15-13.45	Boxercise 12.30-13.15	Functional Circuit 12.30-13.15	HIIT Attack 12.45-13.15
Personal Trainer (Sports Centre)	Desk Based Exercises for Staff 12.00-13.00	Running 17.15-18.15	Yoga 17.30-18.15	Desk Based Exercises for Students 13.00-14.00	
#StudyHappy (Library)	Mindfulness 12.00-13.00	Circuit Training 17.30-18.45	Trampolining Taster 18.00-19.00	Abs Blast 13.15-13.35	
	Fitball 12.30-13.15	Just Play 18.00-20.00	Tone 18.30-19.15	Badminton 17.00-18.00	
	Body MOT's 14.15-15.45 and 16.00-17.00	Legs, Bums and Tums 18.30-19.15	Abs Blast 19.15-19.35	Fitness Pilates 17.30-18.15	
	Yoga 17.30-18.30	Spinning 18.45-19.30	Tri-Sport Tournament 19.00-22.00	Cricket 18.00-19.00	
	Spinning 18.00-18.45	Fat Burn 19.00-19.45		Legs, Bums and Tums 18.30-19.15	
	Just Play 18.00-19.00	Boxercise 19.30-20.00		Social Netball 19.00-20.00	
	HIIT Attack 18.30-19.15			Fat Burn 19.15-19.45	
	Boxercise 19.00-19.45			Zumba 19.30-20.15	
	Zumba 19.30-20.15			Gymnastics 20.15-21.15	
				Dance 21.15-22.15	