15 JAN - 4 FEB
STRESS BUSTING AT ENDCLIFFE

Ukulele Group
Every Sunday • 5-6:30pm • High Tor 3, The Edge

Mindfulness and Meditation
Every Monday • 7:30-8:30pm • Endcliffe, High Tor

Residence Gym
Every Monday • 9-11am • Goodwin Sports Centre

Ranmoor Yoga
Every Monday • 7-8pm • Dovedale, The Ridge

High Intensity Fitness
Every Tuesday • 7:15-8:15pm • High Tor 2, The Edge

Endcliffe Yoga
Every Tuesday • 8:30-9:30pm • High Tor 2, The Edge

Ranmoor Zumba
Every Tuesday • 7-8pm • Dovedale, The Ridge

Residence Spinning
Every Wednesday • 5:30-6:30pm • Goodwin Sports Centre

Women’s Boxing Fitness
Every Wednesday • 7-8pm • High Tor 2, The Edge

Women’s Self Defence
Every Thursday • 6pm-7pm • High Tor 2, The Edge

Endcliffe Fitness Class
Every Thursday • 7-8pm • High Tor 2, The Edge

Endcliffe Yoga
Every Thursday • 8:15-9:15pm • High Tor 2, The Edge

Residence Bouldering
Every Friday • 7:20-10pm • Goodwin Sports Centre

Residence Squash
Every Friday • 7:20-9:20pm • Goodwin Sports Centre

Residence Swimming
Every Friday • 6-8pm • Goodwin Sports Centre

Outdoor Bouldering
Saturday/Thursday Alternating • 10am/2pm
Goodwin Sports Centre

Residence Mountain Biking
Every Saturday • 10am • The Edge, Endcliffe

Stress Busters Care Packages
Every Day • During Mentor Drop In • The Edge Hub & Stephenson

Free Fruit
Every Weekday • from 10am • Stephenson IT Room

Drop In Neck and Shoulder Massage
18 January • 6:30-8:30pm • High Tor 4, The Edge

Sunday Pub Quiz
21 January • 9pm • The Edge Bar

301 Drop In Study Skill Sessions
22 January • 4-7pm • The Edge Dining Room

Happiness Workshop
23 January • 7-8pm • High Tor 4, The Edge

Aromatherapy
24 January • 6:30-8:30pm • High Tor 4, The Edge

Lord of the Rings Quiz
25 January • 9pm • The Edge Bar

Sunday Pub Quiz
28 January • 9pm • The Edge Bar

Reiki
1 February • 6:30-8:30pm • High Tor 4, The Edge

Superheroes Quiz
1 February • 9pm • The Edge Bar

Sunday Pub Quiz
4 February • 9pm • The Edge Bar

OPEN TO ALL, REGARDLESS OF IF YOU LIVE IN ENDCLIFFE/RANMOOR, OR CITY & PARTNERSHIP ACCOMMODATION

@ResLifeTUOS /residencelifeTUoS/ residence_life

residencelife.co.uk
residencelife@sheffield.ac.uk
sheffield.ac.uk/accommodation
accommodationoffice@sheffield.ac.uk

WORKING IN PARTNERSHIP WITH:
Sheffield Students’ Union
SPORT Sheffield
The University of Sheffield.