15 JAN - 4 FEB
STRESS BUSTING
AT RANMOOR

Ukulele Group
Every Sunday • 7-8:30pm • Chee Dale, The Ridge

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

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

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

Ranmoor Zumba
Every Tuesday • 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

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 Ridge Social Space

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

Mindful Life Skills Workshop
17 January • 6:30-8:30pm • Monsal Dale

Friends Quiz
18 January • 9pm • The Edge Bar

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

Drop In Neck and Shoulder Massage
25 January • 6:30-8:30pm • Monsal Dale

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

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

Indian Head Massage Workshop
31 January • 6:30-8:30pm • Monsal Dale

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

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