STRESS BUSTING AT CITY

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

Allen Court Fitness Class
Every Monday • 7:30-8:30pm • Goodwin Sports Centre

Ukulele Group
Every Monday • 6:30-8pm • Allen Court

Allen Court Mindfulness and Meditation
Every Tuesday • 7:30-8:30pm • Momentum Gym, Allen Court

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

Allen Court Zumba
Every Wednesday • 7:30-8:30pm • Momentum Gym, Allen Court

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

Allen Court Yoga
Every Thursday • 7:30-8:30pm • Momentum Gym, Allen Court

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 • Allen Court Common Room

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

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

Drop In Neck and Shoulder Massage
23 January • 6:30-8:30pm • Allen Court Common Room

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

Mindful Life Skills
2 February • 4-6pm • Allen Court Common Room

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

15 JAN - 4 FEB

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