

# YSJSU SPORTS PROGRAMME 2018/19

## MONDAY

**ROWING**  
06:30 - 09:30  
YSJU Boat House

**SWIMMING**  
07:30 - 08:30  
YSJU Foss Sports Hall

**Detox Yoga \***  
07:45 - 08:45  
Dance Studio

**WOMEN'S FOOTBALL**  
17:00 - 18:00  
YSJU Sports Park (3G 2)

**MEN'S FOOTBALL**  
17:00 - 19:00  
YSJU Sports Park (3G 1)

**NETBALL \***  
18:00 - 19:00  
YSJU Foss Sports Hall

**MUAY THAI**  
18:00 - 20:00  
YSJU Dance Studio

**SPINNING \***  
18:10 - 18:50  
Haxby Road

**NETBALL**  
19:00 - 20:00  
YSJU Sports Park (Sports Barn)

**TENNIS**  
19:00 - 21:00  
YSJU Sports Park (Tennis)

**BADMINTON \***  
19:45 - 20:30  
YSJU Foss Sports Hall

**MEN'S RUGBY UNION**  
20:00 - 22:00  
YSJU Sports Park (3G 1)

**WOMEN'S RUGBY UNION**  
20:00 - 21:00  
YSJU Sports Park (3G 1)

**HOCKEY**  
19:30 - 21:30  
Energize

**BOXING**  
20:00 - 22:00  
YSJU Temple Hall

**VOLLEYBALL**  
20:00 - 22:00  
YSJU Sports Park (Sports Barn)

**BADMINTON**  
20:45 - 22:30  
YSJU Foss Sports Hall

## TUESDAY

**WELLBEING CAFE \***  
08:30 - 10:00  
SU Atrium

**BOXERCISE \***  
07:45 - 08:45  
YSJU Dance Studio

**FEMALE ONLY GYM \***  
08:00 - 10:00  
YSJU Foss Gym

**BRITISH SIGN LANGUAGE \***  
11:00 - 12:00  
DG 102

**DANCE**  
17:00 - 19:00  
Theatre 4

**MEN'S RUGBY UNION**  
17:00 - 18:00  
YSJU Sports Park (3G 1)

**BASKETBALL \***  
18:00 - 19:00  
YSJU Foss Sports Hall

**FUTSAL (MIXED)**  
18:00 - 19:00  
YSJU Sports Park (Sports Barn)

**DANCE**  
17:00 - 19:00  
YSJU Theatre 4

**RUNNING**  
19:30 - 20:30  
YSJU Students Union

**CLIMBING**  
19:00 - 20:45  
YSJU Foss Sports Hall

**BLIND FOOTBALL \***  
20:00 - 20:45  
YSJU Foss Sports Hall

**CHEERLEADING**  
19:00 - 22:00  
YSJU Sports Park (Sports Barn)

**BASKETBALL**  
20:45 - 22:30  
YSJU Foss Sports Hall

**SWIMMING**  
20:45 - 22:00  
St Peters School Pool

## WEDNESDAY

**ROWING**  
06:30 - 09:30  
YSJU Boat House

**PILATES \***  
07:45 - 08:45  
YSJU Dance Studio

**CHEERLEADING**  
11:00 - 13:00  
YSJU QS 021 Art Studio

**ROUNDERS**  
12:00 - 14:00  
YSJU Sports Park (Grass)

### BUCS WEDNESDAY

**CLIMBING**  
13:00 - onwards  
Red Goat

**ATHLETICS**  
13:00 - 15:00  
YSJU Sports Park (Track)

**ARCHERY**  
13:00 - 15:00  
YSJU Sports Park (Grass)

**ROWING**  
13:30 - 15:30  
YSJU Boat Club

**SQUASH**  
15:30 - 16:50  
York RI

**YSJ READS \***  
16:30 - 17:30  
ILS (Last Wed of every month)

**FEMALE ONLY GYM \***  
18:00 - 19:00  
YSJU Foss Gym

**SPINNING \***  
18:10 - 18:50  
Haxby Road

**SNOWSPORTS**  
19:00 - 21:00  
Xscape

**MUAY THAI**  
20:00 - 22:00  
YSJU Temple Hall

## THURSDAY

**BOOTCAMP \***  
07:45 - 08:45  
YSJU Dance Studio

**EAT WELL, MOVE MORE \***  
16:00 - 18:00  
DG 203

**ULTIMATE FRISBEE**  
17:00 - 18:00  
YSJU Sports Park (3G 1)

**INSANITY \***  
17:30 - 18:00  
SU Cafe

**DANCE**  
18:00 - 21:00  
YSJU Dance Studio

**AMERICAN FOOTBALL**  
19:00 - 20:00  
YSJU Sports Park (SLS)

**RUNNING**  
19:30 - 20:30  
YSJU Students Union

**HIIT \***  
20:00 - 21:00  
YSJU Foss Sports Hall

**SWIMMING**  
20:00 - 21:00  
Yearsley Swimming Pool

**HOCKEY**  
19:30 - 21:30  
Energize

**BOXING**  
20:00 - 22:00  
YSJU Foss Sports Hall

**NETBALL**  
20:00 - 22:00  
YSJU Sports Park (Outdoor Courts)

**CHEERLEADING**  
20:00 - 22:00  
YSJU Sports Park (Sports Barn)

**AMERICAN FOOTBALL**  
20:00 - 22:00  
YSJU Sports Park (3G 1)

## FRIDAY

**ROWING**  
06:30 - 09:30  
YSJU Boat House

**BOXERCISE \***  
08:00 - 09:00  
SU Bar

**FEMALE ONLY GYM \***  
08:00 - 10:00  
YSJU Foss Gym

**TIME TO TALK \***  
09:30 - 11:00  
SU Bar

**SPORTS MASSAGE \***  
16:00 - 20:00  
DG 225

**AMERICAN FOOTBALL**  
17:00 - 18:00  
YSJU Sports Park (3G 1)

**ZUMBA \***  
17:00 - 18:00  
YSJU Foss Sports Hall

**DANCE**  
18:00 - 21:00  
YSJU Dance Studio

**BASKETBALL**  
19:00 - 20:45  
YSJU Foss Sports Hall

**TENNIS**  
19:00 - 21:00  
YSJU Sports Park (Tennis)

**NETBALL**  
20:00 - 22:00  
YSJU Sports Park (Sports Barn)

**BADMINTON**  
20:45 - 22:00  
YSJU Foss Sports Hall

**MEN'S RUGBY UNION**  
21:00 - 22:00  
YSJU Sports Park (3G 1)

## SATURDAY

**BUCS**  
12:00 - 18:00  
YSJU Sports Park (Sports Barn)

**ROUNDERS**  
16:00 - 18:00  
YSJU Foss Sports Hall

**VOLLEYBALL**  
18:00 - 21:00  
YSJU Sports Park (Sports Barn)

**CLIMBING**  
18:00 - 20:00  
YSJU Foss Sports Hall

## SUNDAY

**AMERICAN FOOTBALL**  
11:00 - 14:00  
YSJU Sports Park (Grass)

**RUNNING**  
11:30 - 12:30  
YSJU Students Union

**BUCS**  
12:00 - 18:00  
YSJU Sports Park (Sports Barn)

**ARCHERY**  
13:00 - 16:00  
YSJU Sports Park (Grass)

**BASKETBALL**  
16:00 - 18:00  
YSJU Foss Sports Hall

**5-A-SIDE FOOTBALL \***  
17:00 - 19:00  
Haxby Road

**MEN'S FOOTBALL**  
17:00 - 21:00  
YSJU Sports Park (3G 1)

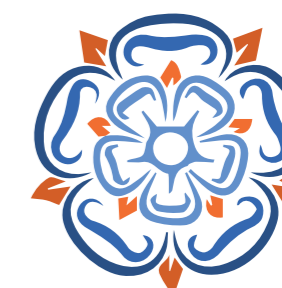
**CRICKET**  
18:00 - 20:00  
YSJU Foss Sports Hall

**NETBALL**  
18:00 - 20:00  
YSJU Sports Park (Sports Barn)

**DANCE**  
18:00 - 21:00  
YSJU Dance Studio

**WOMEN'S FOOTBALL**  
19:00 - 21:00  
YSJU Sports Park (3G 2)

**BADMINTON**  
20:00 - 22:00  
YSJU Foss Sports Hall



**TRAINING**  
**BUCS**  
**WELLU**

**YORK ST JOHN**  
**STUDENTS' UNION**  
FUN | INCLUSIVE | REPRESENTATIVE | ENGAGING | SUPPORTIVE