

YSJSU WellU Timetable 2018/19

Semester 1

* - YSJ Active Sessions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sunrise Yoga	Wellbeing Cafe	Wake-up Pilates	Wellbeing Cafe	Female Only Gym*	No Classes	5-a-side Football
07:45 - 08:45 Dance Studio	08:30 - 10:00 SU Bar	07:45 - 08:45 Dance Studio	08:30 - 10:00 SU Bar	08:00 - 10:00 Foss Gym		17:00 - 19:00 Haxby Road
Netball	Bums and Tums	Late-risers HIIT	Bootcamp	Boxercise		Film Night
18:00 - 19:00 Haxby Road	07:45 - 08:45 Dance Studio	09:00 - 10:00 Dance Studio	07:45 - 08:45 Dance Studio	08:00 - 9:00 SU Bar		19:00 - Close SU Bar
Spinning*	Female Only Gym*	Mindfulness	Eat well, move more	Time to Talk		
18:10 - 18:50 Haxby Road	08:00 - 10:00 Foss Gym	10:00 - 11:00 Theatre 4	16:00 - 18:00 DG/203	09:00 - 11:00 DG/203 & SU Bar		
Badminton	WellU Basketball	YSJ Reads	Running	Sports Massage		
19:45 - 20:30 Foss Sports Hall	18:00 - 19:00 Foss Sports Hall	16:30 - 17:30 ILS (Last Weds of every month)	19:30 - 20:30 SU Reception	16:00 - 20:00 DG/225-6		
	WellU Cheerleading	Female Only Gym	Bums and Tums	Zumba*		
	19:00 - 20:00 Haxby Road	18:00 - 19:00 Foss Gym	20:00 - 21:00 Foss Sports Hall	17:00 - 18:00 Foss Sports Hall		
	Blind Football	Spinning*				
	20:00 - 20:45 Foss Sports Hall	18.10 - 18.50 Haxby Road				



YORK ST JOHN
STUDENTS' UNION

www.ysjsu.com/activities/WellU
Facebook - Cathy YSJ Hanson