

# YSJSU WellU Timetable 2018/19

## Semester 2

\* - YSJ Active Sessions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Detox Yoga</b>	Boxercise	Pilates	<b>Eat well, move more</b>	<b>Female Only Gym*</b>	No Classes	5-a-side Football
07:45 - 08:45 Dance Studio	07:45 - 08:45 Dance Studio	07:45 - 08:45 Dance Studio	16:00 - 18:00 DG/203	08:00 - 10:00 Foss Gym		17:00 - 19:00 Haxby Road
Wake - up fABS	<b>Wellbeing Cafe</b>	<b>YSJ Reads</b>	Insanity	<b>Time to Talk</b>		
9:00 - 9:30 SU bar	08:30 - 10:00 SU Atrium	16:30 - 17:30 ILS (Last Weds of every month)	17:30 - 18:00 SU Cafe	09:00 - 11:00 SU Bar		
<b>Mindfulness</b>	<b>Female Only Gym*</b>	<b>Female Only Gym</b>	<b>Running</b>	<b>Sports Massage</b>		
10:00 - 11:00 DG / 121	8:00 - 10:00 Foss Gym	18:00 - 19:00 Foss Gym	19:30 - 20:30 SU Reception	16:00 - 20:00 DG/225		
<b>Netball</b>	<b>British Sign Language</b>	<b>Spinning*</b>	HIIT	<b>Zumba*</b>		
18:00 - 19:00 Haxby Road	11:00 - 12:00 GHOB/07	18.10 - 18.50 Haxby Road	20:00 - 21:00 Foss Sports Hall	17:00 - 18:00 Foss Sports Hall		
<b>Spinning*</b>	<b>WellU Basketball</b>					
18:10 - 18:50 Haxby Road	18:00 - 19:00 Foss Sports Hall					
<b>Badminton</b>	<b>Blind Football</b>					
19:45- 20:30 Foss Sports Hall	20:00 - 20:45 Foss Sports Hall					



YORK ST JOHN  
STUDENTS' UNION

[www.ysjsu.com/activities/WellU](http://www.ysjsu.com/activities/WellU)  
Facebook - Cathy YSJ Hanson

Bronze - All Bronze classes

Silver - All Bronze and Silver classes

Gold - Full Access