



The University
Of Sheffield.

Residence Life

19 - 25 OCTOBER 2020

WEEK 4

MONDAY

SWIMMING

9.15-10.15am

Have a swim in our 33 metre indoor heated pool

FITNESS CLASS

6-7pm

Cardio, conditioning and general fitness

YOGA AND MINDFULNESS

7.30-8.30pm

Join this relaxing and calming session

POM POM GARLAND

5-7pm (online)

TUESDAY

HATHA/VINYASA YOGA

5.30-6.30pm (online)

Improve your breath, body and mind

COSMETI-CRAFT

6-9pm

Make your own natural cosmetics

HIGH INTENSITY FITNESS

6.15-7.15pm

Cardio, conditioning and general fitness

LISHI TAI CHI

6.30-7.30pm (online)

COOK2GETHER

6.30-9.30pm

Butter chicken curry and Basmati rice

YOGA

7.45-8.45pm

Come and relax

UKULELE LESSONS

8-9pm (Allen Court)

Learn to Play!

WEDNESDAY

OUTDOOR BOOTCAMP

12-1pm

LEARN TO PAINT

2-4pm

PILATES

5.15-6.15pm (online)

For all abilities

UKULELE LESSONS

6-7.30pm (The Ridge)

Learn to Play!

BEGINNERS POETRY:

Breaking

Misconceptions

7-8pm (online)

ASHTANGA AND

VINYASA FLOW

6.30-7.30pm (online)

ZUMBA

7.30-8.30pm

For all abilities

ZUMBA

7.30-8.30pm (online)

For all abilities

UKULELE LESSONS

8-9.30pm (Edge Hub)

Learn to Play!

SWIMMING LESSONS

From 5.50pm

Swimming for fitness, beginners and improvers

THURSDAY

PLANT A

WILDFLOWER GARDEN

1-3pm

Get your hands dirty planting a wildflower garden!

YOGA

6-7pm

Relax and stretch your body

YIN YOGA

6-7pm (online)

A slow paced style of Yoga

COOK2GETHER

6.30-9pm

Butter chicken curry and Basmati rice

MEDICS' CHOIR

REHEARSAL

7-9pm (online)

Chat with the current choir and find out about future plans

SWIMMING

6.30-7.30pm

Have a swim in our 33metre indoor heated pool

FRIDAY

YOGA AND

MINDFULNESS

6-7pm

Join this relaxing and calming session

SATURDAY

SATURDAY NIGHT

QUIZ

7-9pm (online)

With prizes!

SUNDAY

ROLEPLAYING GAMES

12.30-6pm (online)

Wondered what it's like to be your favourite character from Star Wars, Marvel etc?



CLICK ON THE EVENT TO BOOK

Some activities may charge a fee. For further details please click on link
This programme is subject to change - so please keep checking WWW.RESIDENCELIFE.CO.UK then go to Events

