



The University
Of
Sheffield.

Residence Life

23 - 29 NOVEMBER 2020

WEEK 9

MONDAY

SELF-GUIDED WALK TO FORGE DAM

Anytime

MUSICAL TOUR OF SHEFFIELD - CYCLING/WALKING

Anytime

RUNNING/WALKING ROUTES NEAR UNI

Anytime

BUILD A SNOW PERSON

COMPETITION - WITHOUT SNOW?

Deadline 2nd Dec

FITNESS CLASS WITH PEGGY

6-7pm (online)

Cardio, general fitness

YOGA AND MINDFULNESS

7.30-8.30pm (online)

Join this relaxing and calming session

PUBLIC DEBATE: COLONISING OTHER PLANETS

7.30-9pm (online)

TUESDAY

STUDY SKILLS

12-1pm (online)

Academic writing

HATHA/VINYASA YOGA

5.30-6.30pm (online)

UKULELE LESSONS

6-7.30pm (online)

Learn to Play!

BECOME A SCIENTIST FOR A DAY

6-7.30pm (online)

CARDIO FITNESS CLASS WITH JENN

6.15-7.15pm (online)

Cardio, conditioning and general fitness

PERFORMING POETRY

7-8pm (online)

YOGA WITH EMILY

7.45-8.45pm (online)

Come and relax

WEDNESDAY

STUDY SKILLS

10-11am (online)

Mind mapping academic work

STUDY SKILLS

2-3pm (online)

Presentations

COOK2GETHER

2-6pm (online)

Bean and halloumi stew. Some free ingredients packs

GROW YOUR OWN HERB GARDEN

2-6pm (online)

Get a grow pack now!

TEACHING ENGLISH AS A FOREIGN LANGUAGE (TEFL) TASTER

4-6pm (online)

PILATES

5.15-6.15pm (online)

ZUMBA WITH EMMA

6-7pm (online)

ASHTANGA AND VINYASA FLOW

6.30-7.30pm (online)

UKULELE LESSONS

8-9.30pm (online)

THURSDAY

STUDY SKILLS

11am-12pm (online)

Writing a literature review

STUDY SKILLS

1-2pm (online)

Paraphrasing and academic sources

YOGA WITH ANJU

6-7pm (online)

Relax and stretch your body

YIN YOGA

6-7pm (online)

A slow paced style of Yoga

SOAP FELTING WORKSHOP

Starts 7pm (online)

Free kits are available

UKULELE LESSONS

7-8.30pm (online)

Learn to Play!

PUZZLED PINT

7-8.30pm (online)

MEDICS' CHOIR REHEARSAL

7-9pm (online)

FRIDAY

LEGS BUMS TUMS (LBT) FITNESS WITH EMMA

1-2pm (online)

YOGA AND MINDFULNESS

6-7pm (online)

Join this relaxing and calming session

BEGINNER'S ASHTANGA VINYASA YOGA

6.30-7.30pm (online)

SATURDAY

THE BIG RES LIFE MYSTERY QUIZ

8pm (online)

Prize for the winner

SUNDAY

ROLEPLAYING GAMES

12.30-6pm (online)

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

Flatmates
fitness
challenge
this week!



CLICK ON THE EVENT TO BOOK

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

