



Have Fun, Keep Fit, Make Friends!

- Non Competitive
- Low Commitment
- Low Cost
- Social Sport.

Sessions are
free or £1
where
marked*

Semester 2

Monday 7th January 2019 -
Friday 29th March 2019!

No CW sessions between 7th -
13th January 2019.

Monday

Cardio Tennis 3-4pm - CW
Yoga 6:30-7:30pm - NC

Badminton 4-6pm - CW
Pilates 7-8pm - JF

Tuesday

Basketball 12-2pm - CW
Pilates 6-7pm - OC

Zumba 6-7pm - BH

Wednesday

Zumba 6:30-7:15pm - NC
Swimming 8-9pm - DBSC*

5 a-side Football 2-4pm - RBSC Astro
PiYo 7:15 - 8pm - NC

Thursday

Table Tennis 12-1pm - CW
Badminton 4-5pm - CW
Pilates 7-8pm - JF

Badminton 1-2pm - CW
Yoga 6:15-7:30pm - OC

Friday

Basketball 2-4pm - CW
Indoor Football 6-7pm - CW
Yoga 7-8pm - NC

Table Tennis 5-6pm - CW
Zumba 6:30-7:30pm - OC

Saturday

Zumba 10:30-11:30 - NC

Swimming 11-12noon - DBSC*
Tennis 3-4pm - VP Tennis Courts

Sunday

Tagged Rugby 2-3pm - CW

Basketball 3-5pm - CW

OC - Opal Court Common Room

DBSC- Danielle Brown Sports Centre

NC- Nixon Court Common Room

BH - Beaumont Hall Games Room

JF - John Foster Dance Studio

CW - Charles Wilson Sports Hall

RBSC Astro - Roger Bettles Sports Centre Astro VPTC - Victoria Park Tennis Courts



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