

21ST OCTOBER ONWARDS YSJSU SPORTS PROGRAMME 2016/17

MONDAY

ROWING

06:30 - 08:45
YSJU Boat House

CLIMBING

07:30 - 08:30
YSJU Foss Sports Hall

WOMEN'S FOOTBALL

17:30 - 19:00
YSJU Sports Park (3G)

WOMEN'S RUGBY UNION

17:30 - 19:00
YSJU Sports Park (3G)

INSANITY

17:00 - 18:00
QN 001 (Dance Studio)

YOGA

18:00 - 19:00
QN 001 (Dance Studio)

MEN'S FOOTBALL 1ST

19:00 - 20:30
YSJU Sports Park (3G)

MEN'S RUGBY UNION

19:00 - 21:00
York Sport Club

NETBALL 3RD - 5TH

19:00 - 20:30
YSJU Sports Park (Sports Barn)

TENNIS

19:00 - 21:00
YSJU Sports Park (Tennis)

CLIMBING (FORTNIGHTLY)

19:30 - 20:30
YSJU Foss Sports Hall

ULTIMATE FRISBEE

19:30 - 20:45
YSJU Foss Sports Hall

NETBALL

20:30 - 22:00
YSJU Sports Park (Sports Barn)

MEN'S FOOTBALL 2ND - 5TH

20:30 - 22:00
YSJU Sports Park (AWP)

BADMINTON

20:45 - 22:30
YSJU Foss Sports Hall

FOOTBALL 1ST

21:00 - 22:00
YSJU Sports Park (S+C Suite)

TUESDAY

SWIMMING

07:30 - 8:30
YSJU Foss Sports Hall

WOMEN'S FOOTBALL

17:00 - 18:00
YSJU Sports Park (3G)

VOLLEYBALL

17:30 - 19:30
YSJU Sports Park (Sports Barn)

DANCE

18:00 - 20:00
QN 001 (Dance Studio)

SOCIAL NETBALL

19:00 - 20:00
YSJU Foss Sports Hall

MARTIAL ARTS (KARATE)

19:00 - 20:00
Temple Hall

ULTIMATE FRISBEE

19:00 - 20:30
YSJU Sports Park (AWP)

RUNNING

19:30 - 20:30
YSJU Sports Park (Track)

COUCH TO 5K

19:30 - 20:30
Students Union

CHEERLEADING

19:30 - 22:00
YSJU Sports Park (Sports Barn)

BOXING

20:00 - 22:00
Temple Hall

THAI BOXING

20:00 - 22:00
QN 001 (Dance Studio)

DANCE

20:00 - 21:00
QW 003 (Theatre 4)

BASKETBALL

20:00 - 22:00
YSJU Foss Sports Hall

HOCKEY

20:30 - 22:00
YSJU Sports Park (AWP)

MEN'S RUGBY UNION

21:00 - 22:00
YSJU Sports Park (3G)

WEDNESDAY

ROWING

06:30 - 09:30
YSJU Boat House

EXPRESS BOOTCAMP

12:00 - 13:00
QW003

BUCS

12:00 - 18:00
YSJU Sports Park
(3G, AWP, Grass and Netball)

BUCS

12:00 - 22:00
YSJU Sports Park
(Sports Barn, Tennis)

BUCS

12:00 - 22:00
YSJU Foss Sports Hall

MINDFULNESS GROUP

13:00 - 14:00
Chapel

ARCHERY

13:00 - 14:00
YSJU Sports Park (Grass)

£1 SWIMMING

13:30 - 16:00
Yearsley Swimmng Pool

ARCHERY

14:00 - 16:00
YSJU Sports Park (Grass)

ATHLETICS

13:00 - 15:00
YSJU Sports Park

ROWING

13:30 - 15:00
YSJU Boat House

BADMINTON

14:00 - 17:00
York RI (Queen Street)

CHEERLEADING

13:00 - 16:00
QW 003 (Theatre 4)

DANCE

18:00 - 21:00
QN 001 (Dance Studio)

THURSDAY

ROWING

06:30 - 09:30
YSJU Boat House

MENTAL WEALTH GYM

11:00 - 12:00
Foss Gym

MEN'S FOOTBALL 1ST

17:00 - 18:00
YSJU Sports Park (3G)

FOOTBALL 1ST

18:00 - 19:00
YSJU Sports Park (Sports Barn)

TABLE TENNIS

18:00 - 20:00
Students Union

DANCE

18:00 - 21:00
QN 001 (Dance Studio)

NETBALL 1ST

19:00 - 20:00
YSJU Sports Park (Sports Barn)

CARDIO TENNIS (INDOOR)

19:30 - 20:30
YSJU Foss Sports Hall

RUNNING

19:30 - 20:30
Students Union

CHEERLEADING

20:00 - 22:00
YSJU Sports Park (Sports Barn)

SWIMMING

20:00 - 21:00
Yearsley Swimming Pool

AMERICAN FOOTBALL

20:00 - 22:00
YSJU Sports Park (3G)

BOXING

20:00 - 22:00
Temple Hall

HANDBALL

20:30 - 22:00
YSJU Foss Sports Hall

ULTIMATE FRISBEE

21:00 - 22:00
YSJU Sports Park (AWP)

FRIDAY

ROWING

06:30 - 08:45
YSJU Boat House

ATHLETICS

07:30 - 08:30
YSJU Foss Sports Hall

MENS FUTSAL

08:00 - 09:00
YSJU Sports Park (Sports Barn)

PUMP IT UP DANCE

17:00 - 18:00
YSJU Sports Park (Netball)

BASKETBALL

18:00 - 19:30
YSJU Foss Sports Hall

NETBALL 1ST & 2ND

18:00 - 19:30
YSJU Sports Park (Sports Barn)

THAI BOXING

18:00 - 20:00
QN 001 (Dance Studio)

MARTIAL ARTS (JIU JITSU)

19:00 - 20:00
Temple Hall

TENNIS

19:00 - 21:00
YSJU Sports Park (Tennis)

BOXERCISE

19:30 - 20:30
YSJU Foss Sports Hall

TOUCH RUGBY

19:30 - 20:30
YSJU Sports Park (Sports Barn)

WOMENS FUTSAL

19:30 - 20:30
YSJU Sports Park (Sports Barn)

MEN'S RUGBY UNION

20:00 - 21:00
YSJU Sports Park (3G)

BADMINTON

20:30 - 22:00
YSJU Foss Sports Hall

SATURDAY

BUCS

12:00 - 18:00
YSJU Sports Park (Sports Barn)

MEN'S FOOTBALL

13:00 - 16:00
YSJU Sports Park (3G)

GAELIC FOOTBALL

12:00 - 14:00
YSJU Sports Park (AWP)

VOLLEYBALL

17:00 - 21:00
YSJU Sports Park (Sports Barn)

SWIMMING

18:30 - 20:30
St Peters Swimming Pool

JUST PLAY FOOTBALL

19:00 - 21:00
YSJU Sports Park (AWP)

CLIMBING

20:00 - 22:00
YSJU Foss Sports Hall

SUNDAY

ROWING

10:00 - 13:00
YSJU Boat House

BUCS

12:00 - 18:00
YSJU Sports Park (Sports Barn)

AMERICAN FOOTBALL

11:00 - 13:00
YSJU Sports Park (3G)

MEN'S RUGBY UNION

13:00 - 14:00
Crossfit Jorvik

DANCE

17:00 - 18:00
QW 003 (Theatre 4)

DANCE

17:00 - 21:00
QN 001 (Dance Studio)

CRICKET

17:00 - 19:00
YSJU Foss Sports Hall

5-A-SIDE FOOTBALL

17:00 - 21:00
YSJU Sports Park (AWP)

MENS FOOTBALL 2ND - 5TH

18:00 - 20:00
YSJU Sports Park (3G)

NETBALL 1ST & 2ND

18:00 - 19:30
YSJU Sports Park (Sports Barn)

NETBALL 3RD - 5TH

19:30 - 21:00
YSJU Sports Park (Sports Barn)

BEATS AND BADMINTON

19:00 - 20:00
YSJU Foss Sports Hall

BADMINTON

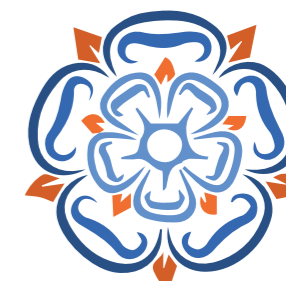
20:00 - 22:00
YSJU Foss Sports Hall

NETBALL 1ST

19:45 - 20:45
YSJU Sports Park (S+C Suite)

TRAINING
SW5
BUCS

COMMUNITY LEAGUE
STRENGTH & CONDITIONING



YORK ST JOHN
STUDENTS' UNION
FUN | INCLUSIVE | REPRESENTATIVE | ENGAGING | SUPPORTIVE