

SOCIAL SPORT

Indoor Cricket

Sports Centre, City

4-4.55pm

BUCS – COMPETITIVE SPORT

Women's Basketball

Sports Centre, City

2-4pm

Men's Basketball

Sports Centre, Walsall

3-5pm

Women's Netball

Sports Centre, Walsall

3-5pm

Men's Football

3G Pitch, Walsall

3-5pm

Men's Futsal

Sports Centre, Walsall

7-8.30pm

GYM

Bootcamp

Sports Centre, Walsall

7-7:55am

Open Gym

Sports Centre, Walsall

12-2 & 7-9pm

Abs Blast

Sports Centre, Walsall

10-10.30am

Pilates

Sports Centre, Walsall

1-1.55pm

Open Gym

Sports Centre, City

12-2 & 6-8pm

Cardio Abs

Sports Centre, City

12:15-1pm

Yoga

Sports Centre, Walsall

5:15-6:10pm

WLV HIIT

Sports Centre, Walsall

7-7:30pm

