

### SOCIAL SPORT

Badminton	Sports Centre, City	1.1.55pm
Football	3G Pitch, Walsall	4-4.55pm
Basketball	Sport Centre, Walsall	4-5.55pm
Futsal	Sports Centre, City	5-6.55pm

### BUCS – COMPETITIVE SPORT

Men's Badminton	Sports Centre, City	3-5pm
Men's Futsal	Sports Centre, Walsall	3-5pm

### GYM

WLV HIIT	Sports Centre, Walsall	7-7:45am
Open Gym	Sports Centre, Walsall	12-2 & 7-9pm
Functional Fit	Sports Centre, Walsall	9:30-10.15am
Flex & Stretch	Sports Centre, Walsall	12:15-12:55pm
Open Gym	Sports Centre, City	12-2 & 6-8pm
HIIT Abs	Sports Centre, City	12:15-1pm
Pilates	Sports Centre, Walsall	1-1:55pm
Total Body Fitness	Sports Centre, Walsall	6-6:55pm

