

# GYM

# THURSDAY 21ST

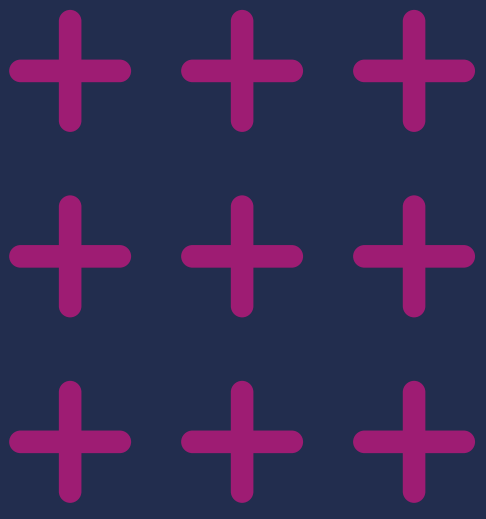
Bootcamp  
 Abs Blast  
 Open Gym  
 Cardio & Abs  
 Open Gym  
 Stretch  
 Yoga  
 WLV HIIT

Sports Centre, Walsall  
 Sports Centre, Walsall  
 Sports Centre, Walsall  
 Sports Centre, City  
 Sports Centre, City  
 Sports Centre, Walsall  
 Sports Centre, Walsall  
 Sports Centre, Walsall

7:15-8am  
 10-10:30am  
 12-2 & 7-9pm  
 12:15-1pm  
 12-2 & 6-8pm  
 1-1:55pm  
 5:15-6:15pm  
 7-7:30pm



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# THURSDAY 21ST

## BUCS

Men's Badminton  
Men's Futsal  
Men's Basketball

Sports Centre, City  
Sports Centre, Walsall  
Sports Centre, City

5-7pm  
7-8:30pm  
7-9pm

## SOCIAL

Basketball  
Badminton

Sports Centre, Walsall  
Sports Centre, City

4-5pm  
4-5pm



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