



THE UNIVERSITY OF WINNIPEG

RECREATIONAL PROGRAMS

2011-2012

Fall Term 2011 (September - December)

Winter Term 2012 (January - April)

Spring Term 2012 (May - August)

*All programs begin the week of September 14th

*All programs begin the week of January 9th

*All programs begin the week of May 7th

*Programs and times may vary in Spring Term

Aikido

Friday 8:00 p.m. - 10:00 p.m.

Sunday 4:00 p.m. - 6:00 p.m.

Badminton

Tuesday 7:00 p.m. - 10:00 p.m.

Sunday 6:00 p.m. - 9:00 p.m.

Capoeira

Tuesday 8:00 p.m. - 10:00 p.m.

Sunday 2:00 p.m. - 4:00 p.m.

Fencing

Tuesday 4:30 p.m. - 5:30 p.m.

Judo

Monday 8:00 p.m. - 10:00 p.m.

Wednesday 8:00 p.m. - 10:00 p.m.

Saturday 2:00 p.m. - 4:00 p.m.

Judo (Youth)

Wednesday 6:00 p.m. - 8:00 p.m.

Saturday 12:00 p.m. - 20:0 p.m.

Kendo

Monday 6:00 p.m. - 8:00 p.m. &

Thursday 6:00 p.m. - 8:00 p.m.

Pilates

Monday 4:45 p.m. - 5:45 p.m.

Tae Kwon Do

Thursday 4:30 p.m. - 6:00 p.m.

Saturday 4:00 p.m. - 6:00 p.m.

Wing Chung Do Gung Fu

Thursday 8:00 p.m. - 10:00 p.m.

Sunday 12:00 - 2:00 p.m.

Yoga

Monday or Thursday 1:30 p.m. - 2:30 p.m.

Zumba

Wednesday 4:30 p.m. - 5:30 p.m.

Duckworth Centre

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www.wesmen.ca