

FREE SPORT AND FITNESS

ACTIVE CAMPUS TIMETABLE • FREE SESSIONS FOR STUDENTS

Monday 22 January – Friday 22 March 2024



Day	12:00 - 13:00	12:00 - 12:45	12:00 - 13:50	16:00 - 17:20	16:20 - 17:40	16:30 - 17:50	17:00 - 18:00	18:15 - 19:00	17:00 - 18:50	18:00 - 19:50	17:30 - 18:50
MON	Full Body Workout	Yoga	Table Tennis	Futsal	Squash	Badminton	Boxercise	Zumba	5-a-side Football	7-a-side Football	Volleyball
TUES	Badminton	Pilates	Swimming	Stretch & Unwind	Futsal	Netball	Glute Strong ♀	Core Strong ♀	Table Tennis	Women's Football	Basketball
WED	Badminton	Dance Fit	Badminton	Basketball							
THURS	Pilates	Swimming	Yoga	Basketball	Women's Basketball	Kettlebell Workout	Squash	Football	Volleyball	Netball	
FRI	Pilates	Badminton									
SUN	Tennis										

♀ - Women's only session

mmu.ac.uk/sport @mmusport

To avoid disappointment, book your space here <http://bit.ly/ACbooking>

LOCATION

- Platt Lane Sports Complex
- Manchester Aquatics Centre
- Northern Tennis Club
- Sugden Sports Centre
- Students' Union
- Brooks Multi-Functional Hall
- Wellbeing Room, Business School
- Hough End Leisure Centre