

# FREE SPORT AND FITNESS

## ACTIVE CAMPUS TIMETABLE • FREE SESSIONS FOR STUDENTS

Monday 2 October – Friday 15 December 2023



**MON**

12:00 - 13:00	12:00 - 12:45	12:00 - 14:00	16:00 - 17:30	16:20 - 17:40	16:30 - 18:00	17:00 - 18:00	18:15 - 19:00	17:00 - 19:00	18:00 - 20:00	17:30 - 19:00
Full Body Workout	Yoga	Table Tennis	Futsal	Squash	Badminton	Boxercise	Zumba	5-a-side Football	7-a-side Football	Volleyball

**TUES**

11:30 - 13:30	12:00 - 13:00	12:00 - 13:00	13:00 - 14:00	16:00 - 17:30	16:30 - 18:00	17:00 - 17:30	17:30 - 18:00	17:30 - 19:00	18:00 - 19:00	18:00 - 19:30
Badminton	Pilates	Swimming	Stretch and Unwind	Futsal	Netball	Glute Strong ♀	Core Strong ♀	Table Tennis	Women's Football	Basketball

**WED**

11:30 - 13:30	12:00 - 13:00	19:30 - 21:00	21:00 - 22:30
Badminton	Dance Fit	Badminton	Basketball

**THURS**

10:00 - 11:00	12:00 - 13:00	12:30 - 13:15	16:00 - 17:30	16:30 - 18:00	17:00 - 17:45	17:00 - 18:20	17:00 - 19:00	18:00 - 19:30	19:30 - 21:00
Pilates	Swimming	Yoga	Basketball	Women's Basketball	Kettlebell Workout	Squash	Football	Volleyball	Netball

**FRI**

12:00 - 13:00	16:30 - 18:00
Pilates	Badminton

**SUN**

13:00 - 14:00
Tennis

### 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

♀ = Women's only session

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