

# FREE SPORT AND FITNESS

## ACTIVE CAMPUS TIMETABLE • FREE SESSIONS FOR STUDENTS

Monday 15 April – Friday 17 May 2024



<b>MON</b>	12:00 - 13:00 Full Body Workout	12:00 - 12:45 Yoga	12:00 - 13:50 Table Tennis	16:00 - 17:20 Futsal	16:20 - 17:40 Squash	16:30 - 17:50 Badminton	17:00 - 18:00 Boxercise	18:15 - 19:00 Zumba	17:00 - 18:50 5-a-side Football	18:00 - 19:50 7-a-side Football	17:30 - 18:50 Volleyball
<b>TUES</b>	11:30 - 13:20 Badminton	12:00 - 13:00 Pilates	12:00 - 13:00 Swimming	13:00 - 14:00 Stretch & Unwind	16:00 - 17:20 Futsal	16:30 - 17:50 Netball	17:00 - 17:30 Core Strong ♀	17:30 - 18:00 Glute Strong ♀	17:30 - 18:50 Table Tennis	18:00 - 18:50 Women's Football	18:00 - 19:20 Basketball
<b>WED</b>	11:30 - 13:20 Badminton	12:00 - 13:00 Dance Fit	19:30 - 20:50 Badminton	21:00 - 22:20 Basketball							
<b>THURS</b>	10:00 - 11:00 Pilates	12:00 - 13:00 Swimming	12:30 - 13:15 Yoga	16:00 - 17:20 Basketball	16:30 - 17:50 Women's Basketball	17:00 - 17:45 Kettlebell Workout	17:00 - 18:20 Squash	17:00 - 19:00 Football	18:00 - 19:20 Volleyball	19:30 - 20:50 Netball	
<b>FRI</b>	12:00 - 13:00 Pilates	16:30 - 17:50 Badminton									
<b>SUN</b>	13:00-14:00 Tennis										

♀ = Women's only session

[mmu.ac.uk/sport](http://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