



# ACTIVE CAMPUS TIMETABLE

**FREE SESSIONS FOR STUDENTS FROM 14TH JANUARY - 24TH MARCH 2019**

<b>Monday</b>	12.30-14.30	12.30-13.00	13.00-13.30	16.30-18.00	17.40-19.40	18.00-20.00	18.00-20.00	19.30-20.30								
	Table Tennis	Express Yoga (mat work)	Express Yoga (stand and stretch)	Badminton	Squash	Futsal	Football	Water Polo								
<b>Tuesday</b>	09.30-10.15	11.30-13.30	12.00-12.30	12.00-13.00	12.30-13.30	13.30-15.30	17.00-18.00	17.00-18.00	17.30-19.00	18.00-19.00	18.00-18.30	18.30-19.00	19.00-20.30	20.00-20.45		
	Spin	Badminton	Mindful Meditation	Swimming	Pilates	Ultimate Frisbee	Volleyball	Netball	Dodgeball	Women's Football	Legs & Bums ♀	Ab Attack ♀	Basketball	Box Fit		
<b>Wednesday</b>	12.00-12.30	17.00-18.00	20.30-22.30													
	Mindful Meditation	Boxercise	Badminton													
<b>Thursday</b>	12.00-13.00	16.30-18.30	16.45-17.30	17.00-18.00	17.00-18.20	17.00-18.00	17.00-19.00	18.00-19.00	18.00-19.00	18.00-20.00	18.30-20.30	19.00-20.00	19.00-21.00	20.00-20.45	20.30-22.30	
	Swimming	Basketball	Jogging Club (meet at All Saints Park)	Zumba	Squash	Body Conditioning ♀	Football	Netball	Bootcamp	Touch Rugby	Table Tennis	Women's Basketball	Indoor Cricket	Legs and Bums ♀	Volleyball	
<b>Friday</b>	12.30-13.00	13.00-13.30	16.30-17.30	17.30-19.30	19.30-20.30	19.30-20.30										
	Express Yoga (mat work)	Express Yoga (stand and stretch)	Volleyball	Badminton	Basketball	Dodgeball										
<b>Sunday</b>	12.00-13.20	13.30-15.30	13.30-15.30	17.30-19.00												
	Squash	Table Tennis	Futsal	Archery												

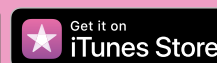
**DO YOU HAVE A COMPETITIVE STREAK?**

Play the sport you love and compete against friends, flatmates and course mates in our Campus Leagues. 2019 leagues include badminton, netball and basketball.

To find out more and register visit [mmu.ac.uk/campusleagues](http://mmu.ac.uk/campusleagues)

- Brooks Sports Hall
- Platt Lane Sports Complex
- Students' Union
- St Peter's House
- Manchester Aquatics Centre
- Sugden Sports Centre
- ♀ F.I.T Women Only Sessions

Download our MMU Sport App



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