

# ACTIVE CAMPUS TIMETABLE



FREE SESSIONS FOR STUDENTS

23 SEPTEMBER 2019 - 15 MARCH 2020

MMU.AC.UK/SPORT

	12.30-14.30	13.00-13.30	13.30-14.00	16.30-18.00	16.45-17.30	17.40-19.40	18.00-20.00	18.00-20.00
<b>Monday</b>	Table Tennis	Express Yoga (mat work)	Express Yoga (stand & stretch)	Badminton	Beginners Jogging Club	Squash	Futsal	Football

	11.30-13.30	12.00-13.00	12.30-13.00	12.30-13.30	13.30-14.15	16.00-18.00	16.00-18.00	18.00-19.00	18.00-18.30	18.30-19.00	19.00-20.30
<b>Tuesday</b>	Badminton	Swimming	Mindful Meditation	Pilates	Body Circuit ♀	Volleyball	Dodgeball	Women's Football	Legs & Bums ♀	Ab Attack ♀	Women's Basketball

	12.30-13.00	17.00-18.00	19.30-20.30	20.30-22.30
<b>Wednesday</b>	Dance Fit	Boxercise	Handball	Badminton

	12.00-13.00	12.30-13.00	16.30-18.00	16.45-17.30	17.00-18.00	17.00-18.00	17.00-18.00	17.00-18.20	17.00-19.00	18.00-19.00	18.00-19.30	18.00-20.00	19.00-20.30	19.30-21.30	21.00-22.30
<b>Thursday</b>	Swimming	Breathe & Relax	Ultimate Frisbee	Jogging Club	Women's Futsal	Zumba	Bootcamp	Squash	Football	Body Tone ♀	Netball	Touch Rugby	Indoor Cricket	Basketball	Volleyball

	12.30-13.00	13.00-13.30	16.30-18.00	16.30-18.00	18.00-19.30	19.30-20.30
<b>Friday</b>	Express Yoga (mat work)	Express Yoga (stand & stretch)	Dodgeball	Basketball	Badminton	Volleyball

	10.00-12.00	13.30-15.30	17.30-19.00
<b>Sunday</b>	Cycling	Futsal	Archery

## MCRMET MOVES

**Earn rewards by getting active with MCR Met Moves.**

Sign up and start claiming fantastic prizes including hot drinks, clothing, water bottles and more.

Sign up at [mmu.ac.uk/sport](http://mmu.ac.uk/sport)

- Students' Union
- Brooks Sports Hall
- Platt Lane Sports Complex
- Sugden Sports Centre
- Manchester Aquatics Centre
- St Peter's House
- Meet at All Saints Park
- ♀ F.I.T Women's only

Sessions can be subject to change. For the most up to date timetable please refer to our website.