

FREE



Active Campus Timetable

Simply turn up with your student ID to get involved. Our free sessions take place between 16th April and 18th May 2018.

| | | | | | | | | | |
|--------|-------------------------|----------------------------------|-------------|-------------|-------------|----------------|-------------|-------------|--|
| Monday | 12:30-13:00 | 13:00-13:30 | 16:30-18:00 | 17:30-18:15 | 17:40-19:40 | 18:00-20:00 | 18:00-20:00 | 18:30-20:00 | |
| | Express Yoga (Mat Work) | Express Yoga (Stand and Stretch) | Badminton | Box Fit | Squash | Men's Football | Futsal | Shodokan | |
| | SU | SU | Sugden | Platt Lane | Sugden | Sugden | Sugden | SU | |

| | | | | | | |
|---------|-------------|--------------------------------------|---|---|---------------|--|
| Tuesday | 12:00-13:00 | 18:00-18:40 | 18:00-18:30 | 18:30-19:00 | 20:00-21:00 | |
| | Swimming | Jogging Club Sainsbury's Car Park | F.I.T Legs and bums *Finishes on 8th May ♀ | F.I.T Ab Attack *Finishes on 8th May ♀ | Twilight Yoga | |
| | MAC | Fallowfield | Sugden | Sugden | SU | |

| | | | |
|-----------|-----------------------------------|-------------|--|
| Wednesday | 16:30-18:30 | 17:00-18:00 | |
| | Badminton *Finishes on 9th May | Boxercise | |
| | Sugden | SU | |

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|----------|-------------|-----------------|---------------------------------|-----------------------------|----------------|----------------|------------------|-------------|-------------|--------------|-------------|---------------|
| Thursday | 12:00-13:00 | 16:45-17:30 | 17:15-17:45 | 17:45-18:15 | 18:00-19:00 | 18:00-19:00 | 18:15-19:15 | 18:30-19:30 | 18:30-19:30 | 19:15-20:15 | 19:30-20:30 | 20:00-21:00 |
| | Swimming | Jogging Club | F.I.T Legs and Bums (Weights) ♀ | F.I.T Ab Attack (Weights) ♀ | O2 Touch Rugby | Men's Football | Bootcamp Workout | Basketball | Dodgeball | Table Tennis | Volleyball | Twilight Yoga |
| | MAC | All Saints Park | Sugden | Sugden | Platt Lane | Platt Lane | Sugden | Sugden | Sugden | Sugden | Sugden | SU |

| | | | | | | |
|--------|----------------------|-------------|-------------------------|----------------------------------|-------------|--|
| Friday | 07:45-08:15 | 12:00-13:20 | 12:30-13:00 | 13:00-13:30 | 17:00-19:00 | |
| | Spin (Mixed Ability) | Squash | Express Yoga (Mat Work) | Express Yoga (Stand and Stretch) | Badminton | |
| | Platt Lane | Sugden | SU | SU | Sugden | |

● Sweat and tone
 ● Turn up and play
 ● Relax and unwind
 ♀ Women's only

Brooks = Brooks Sports Hall MAC = Manchester Aquatics Centre SU = Students' Union

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