

# DMUactive

RECREATIONAL SPORT AND FITNESS PROGRAMME



@DMUactive



@dmu\_active



DMUactive

Email: DMUactive@dmu.ac.uk

All about fun, fitness, stress relief, building confidence and making new friends!

Event		Time	Location
MON	Flag Football	5.30pm – 7.00pm	The Watershed
	Self - Defence	7.00pm – 8:30pm	The Watershed Studio
Event		Time	Location
TUES	Pilates	8.00am – 8.45am	QEII Leisure Centre Studio
	Badminton	6.00pm – 7.30pm	The Watershed
	Soccerise	6.00pm – 7.00pm	The Watershed Studio
	Fencing	6.00pm – 8.00pm	The Watershed Studio
	Netball	7.30pm – 9.00pm	The Watershed
	Lacrosse	9.00pm – 10.00pm	The Watershed
Event		Time	Location
WED	Dodgeball	2.30pm – 4.00pm	The Watershed
	Swimming	2.30pm – 3.30pm	QEII Pool
Event		Time	Location
THURS	Yoga	8.00am – 8.45am	QEII Leisure Centre Studio
	Women's Basketball	5.30pm – 6.30pm	The Watershed
	Men's Basketball	6.30pm – 8.00pm	The Watershed
	Table Tennis	6.00pm – 7.00pm	The Watershed Studio
	Stretching	7.00pm – 8:30pm	The Watershed Studio
	Boxercise	8.30pm – 10.00pm	The Watershed Studio
Event		Time	Location
FRI	Staff Badminton	12.30pm – 2.00pm	The Watershed
	Cardio Tennis	6.00pm – 7.00pm	The Watershed
	Volleyball	7.00pm – 8.30pm	The Watershed
Event		Time	Location
SAT	Badminton	12.00pm – 1.30pm	The Watershed
	Indoor Football	1.30pm – 3.00pm	The Watershed
	Korfball	4.30pm – 6.00pm	The Watershed
Event		Time	Location
SUN	Zumba	3.00pm – 4.00pm	QEII Leisure Centre Studio
	Tennis	6.00pm – 8.00pm	Meet at Bede Island – for 5.25pm

**ALL sessions are FREE and on campus!**

For BOTH students and staff members of DMU: Just bring your DMU student or staff card