

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	5.30pm – 7.00pm	QEII Leisure Centre
	Soccerise	6.00pm – 7.00pm	The Watershed Studio
	Fencing	6.00pm – 8.00pm	The Watershed Studio
	Netball	8.30pm – 10.00pm	QEII Leisure Centre
	Lacrosse	9.00pm – 10.00pm	The Watershed
	Event	Time	Location
WED	Staff Badminton	7.30am – 8.30am	QEII Leisure Centre
	Dodgeball	2.30pm – 4.00pm	The Watershed
	Swimming	2.30pm – 3.30pm	QEII Pool
	Event	Time	Location
THURS	Staff Badminton	7.30am – 8.30am	QEII Leisure Centre
	Yoga	8.00am – 8.45am	QEII Leisure Centre Studio
	Men's Basketball	5.30pm – 7.00pm	QEII Leisure Centre
	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	12.00pm – 1.30pm	QEII Leisure Centre
	Women's Basketball	6.00pm – 7.00pm	The Watershed
	Volleyball	7.00pm – 8.30pm	The Watershed
	Cardio Tennis / Touch Tennis	7.30pm – 8.30pm	QEII Leisure Centre
	Table Tennis	8.00pm – 10.00pm	The Watershed
	Event	Time	Location
SAT	Indoor Football	1.00pm – 2.30pm	QEII Leisure Centre
	Badminton	2.30pm – 4.00pm	QEII Leisure Centre
	Korfball	4.00pm – 5.30pm	QEII Leisure Centre
	Event	Time	Location
SUN	Zumba	3.00pm – 4.00pm	QEII Leisure Centre Studio
	Tennis	6.00pm – 8.00pm	Meet at Campus Centre (SU) – for 5.00pm

ALL sessions are FREE and on campus!

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

**#Healthy
DMU** Enhancing
your wellbeing