

DMUactive

RECREATIONAL SPORT AND FITNESS PROGRAMME

Email: DMUactive@dmu.ac.uk

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

	Event	Time	Location
MON	Table Tennis	Session 1: 5.00pm – 5.45pm Session 2: 6.00pm – 6.45pm	QEII Leisure Centre
	Event	Time	Location
TUES	Pilates	8.15am – 9.00am	QEII Leisure Centre Studio
	Indoor Football	Session 1: 5.30pm – 6.05pm Session 2: 6.10pm – 6.45pm	QEII Leisure Centre
	Volleyball	7.00pm – 8.15pm	QEII Leisure Centre
	Soccercise	7.30pm – 8.30pm	QEII Leisure Centre Studio
	Event	Time	Location
WED	Dodgeball	Session 1: 2.30pm – 3.10pm Session 2: 3.20pm – 4.00pm	QEII Leisure Centre
	Swimming	2.30pm – 3.30pm	QEII Pool
	Netball	Session 1: 4.30pm – 5.30pm Session 2: 5.40pm – 6.40pm	QEII Leisure Centre
	Event	Time	Location
THURS	Staff Badminton	7.30am – 8.30am	QEII Leisure Centre
	Yoga	8.15am – 9.00am	QEII Leisure Centre Studio
	Fitness Circuits	1.30pm – 3.00pm	QEII Leisure Centre
	Basketball	Session 1: 6.30pm – 7.05pm Session 2: 7.10pm – 7.45pm	QEII Leisure Centre
	Stretching	8.00pm – 8.40pm	QEII Leisure Centre Studio
	Basic Gymnastic Conditioning	9.00pm – 9.40pm	QEII Leisure Centre Studio
	Event	Time	Location
FRI	Badminton	Session 1: 5.00pm – 5.30pm Session 2: 5.40pm – 6.10pm Session 3: 6.20pm – 6.45pm	QEII Leisure Centre
	Event	Time	Location
SAT	Badminton	Session 1: 1.00pm – 1.30pm Session 2: 1.40pm – 2.10pm Session 3: 2.20pm – 2.50pm Session 4: 3.00pm – 3.30pm	QEII Leisure Centre
	Event	Time	Location
SUN	Table Tennis	2.00pm – 3.00pm	QEII Leisure Centre
	Zumba	3.00pm – 4.00pm	QEII Leisure Centre Studio
	Spin	6.00pm – 7.00pm	QEII Leisure Centre Studio
	Tennis	6.00pm – 8.00pm	Meet at Campus Centre (SU) – for 5.00pm

ALL sessions are FREE!

Open to BOTH staff and students of DMU: Sign up to a session via MyGateway & remember your DMU staff or student card