

Email: DMUactive@dmu.ac.uk

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

Event		Time	Location
MON	Yoga	7.00am – 8.00am	Virtual Live Session Access via DMU Leisure app or DMU Livestream (link in bio / on our webpage)
	Pilates	12.15pm – 1.00pm	
	Legs, Bums and Tums Workout	5.30pm – 6.15pm	
	Soccercise	6.00pm – 7.00pm	Access via Teams (link in bio / on our webpage)
Event		Time	Location
TUES	All Body Workout with Kettlebells	7.15am – 8.00am	Virtual Live Session Access via DMU Leisure app or DMU Livestream (link in bio / on our webpage)
	High Intensity Cardio Interval Training (HIIT) & Abs	12.15pm – 1.00pm	
	Pilates	5.30pm – 6.15pm	
Event		Time	Location
WED	Bootcamp	7.15am – 8.00am	Virtual Live Session Access via DMU Leisure app or DMU Livestream (link in bio / on our webpage)
	Legs, Bums and Tums Workout	12.15pm – 1.00pm	
	Fitness Session	5.00pm – 6.00pm	Access via Teams (link in bio / on our webpage)
	Zumba	5.30pm – 6.15pm	Access via DMU Leisure app or DMU Livestream (link in bio / on our webpage)
Event		Time	Location
THURS	High Intensity Cardio Interval Training (HIIT) & Abs	7.15am – 8.00am	Virtual Live Session Access via DMU Leisure app or DMU Livestream (link in bio / on our webpage)
	Boxercise	12.15pm – 1.00pm	
	Body Blitz (all body workout)	5.30pm – 6.15pm	
	PiYo (mixture of Pilates and Yoga)	6.30pm – 7.15pm	
Event		Time	Location
FRI	Flex Friday (Flexibility)	7.15am – 8.00am	Virtual Live Session Access via DMU Leisure app or DMU Livestream (link in bio / on our webpage)
	Pilates	12.15pm – 1.00pm	
	DanceFIT	5.30pm – 6.15pm	
Event		Time	Location
SAT	Yoga	8.30am – 9.30am	Virtual Live Session Access via DMU Leisure app or DMU Livestream (link in bio / on our webpage)
	Legs, Bums and Tums Workout	10.00am – 10.45am	
Event		Time	Location
SUN	Pilates	10.15am – 11.00am	Virtual Live Session Access via DMU Leisure app or DMU Livestream (link in bio / on our webpage)
	FusionFit (all body workout)	11.15am – 12.00pm	



Download the DMU Leisure app

THE QUEEN
ELIZABETH II
Diamond Jubilee
Leisure Centre

ALL sessions are FREE and virtual!

Only workout to your own ability: If needed, adapt the exercises to the ability of what you can do.

Be aware of your surroundings and make sure you have enough room to safely partake in any of the sessions delivered!

Always ensure you warm up and stretch before taking part in a session!



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#Healthy DMU
Enhancing your wellbeing