

DMUactive

RECREATIONAL SPORT AND FITNESS PROGRAMME



@DMUsports



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DMUsport

Email: DMUactive@dmu.ac.uk

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

	Event	Time	Location
MON	Indoor Tennis	5.00pm – 6.00pm	QEII Leisure Centre
	Women's Basketball	5.30pm – 7.00pm	The Watershed
	Event	Time	Location
TUES	Pilates	8.00am – 8.45am	QEII Leisure Centre Studio
	Badminton	5.30pm – 7.00pm	QEII Leisure Centre
	Event	Time	Location
WED	Football	2.00pm – 4.00pm	Victoria Park
	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
	Men's Basketball	5.30pm – 7.00pm	QEII Leisure Centre
	Rowing Fitness Circuits	6.15pm – 7.30pm	The Watershed
	Tagged (Rugby)	8.30pm – 10.00pm	QEII Leisure Centre
	Event	Time	Location
FRI	Staff Badminton	12pm – 1.30pm	QEII Leisure Centre
	Table Tennis	5.00pm – 6.00pm	QEII Leisure Centre
	Volleyball	6.00pm – 7.00pm	QEII Leisure Centre
	Fencing	6.30pm – 8.00pm	The Watershed Studio
	Box Fit (Boxing)	8.00pm - 9.00pm	QEII Leisure Centre Studio
	Event	Time	Location
SAT	Indoor Football	1.00pm – 2.30pm	QEII Leisure Centre
	Badminton	2.30pm – 4.00pm	QEII Leisure Centre
	Lacrosse	4.00pm – 5:30pm	QEII Leisure Centre
	Event	Time	Location
SUN	Zumba	3.00pm – 4.00pm	QEII Leisure Centre Studio
	Netball	4.30pm – 6.00pm	QEII Leisure Centre

ALL sessions are FREE and on campus!

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