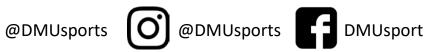
DMUactive RECREATIONAL SPORT AND FITNESS PROGRAMME







Email: DMUactive@dmu.ac.uk

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

| | Event | Time | Location |
|-------|-------------------------|------------------|----------------------------|
| MON | 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

