



MON

SOCIAL NETBALL
INDOOR TENNIS CENTRE
12.30PM TO 1.30PM

TUES

THIS GIRL CAN KETTLEBELL *
IN THE GYM
1PM TO 2PM

STAFF TENNIS
INDOOR TENNIS CENTRE
12PM TO 1.30PM

WED

EVERYDAY ATHLETES *
IN THE GYM
10AM TO 11AM

THURS

SOCIAL RUN
MEET AT SPORTS CENTRE
12PM TO 1PM

STAFF TENNIS
INDOOR TENNIS CENTRE
1PM TO 2PM

EVERYDAY ATHLETES *
IN THE GYM
2PM TO 3PM

FRI

EVERYDAY ATHLETES *
IN THE GYM
7.30AM TO 8.30AM

STAFF FOOTBALL
3G PITCH
12PM TO 1PM

CARDIO TENNIS
INDOOR TENNIS CENTRE
5PM TO 6PM

THIS GIRL CAN KETTLEBELL *
IN THE GYM
5.30PM TO 6.30PM

BEGINNERS TENNIS COACHING
INDOOR TENNIS CENTRE
6PM TO 7PM

INTERMEDIATE TENNIS COACHING
INDOOR TENNIS CENTRE
7PM TO 8PM

**ALL STUDENTS AND
STAFF WELCOME**

SPORTS CENTRE

THE PAVILION

Free for Premium Plus members. £2 per session for Kent Sport Premium, Plus and Pay to Play members. The programme offers an array of fun, relaxed, social sporting activities. These non-competitive, turn-up-and-play recreational sessions are ideal for students and staff who want to try new activities, meet new people and maintain a healthy lifestyle regardless of ability or age. * These sessions are free this term