

# ALL Active

INCLUSIVE ★ SOCIAL ★ RELAXED

# SUMMER TERM TIMETABLE

























6 MAY TO 14 JUNE

Book online at [kent.ac.uk/sports/all-active](http://kent.ac.uk/sports/all-active)



  
 ALLActiveKent



<b>MON</b>	<b>STAFF LIFTING</b> 7.30am to 8.30am 	<b>SOCIAL RUN</b> <small>(Meet at the Sports Centre)</small> 12pm to 1pm 	<b>BEGINNERS LIFTING</b> 12pm to 1pm 	<b>STAFF CARDIO TENNIS</b> 12pm to 1pm 	<b>SOCIAL VOLLEYBALL</b> 12.15pm to 12.45pm 	<b>SOCIAL NETBALL</b> 12.30pm to 1.30pm 
<b>TUES</b>	<b>THIS GIRL CAN LIFT</b> 10.30am to 11.30am 	<b>STAFF TENNIS</b> 12pm to 2pm 	<b>SOCIAL RACKETS</b> <small>(Badminton, table tennis, pickleball and touchtennis)</small> 4pm to 6pm 	<b>SOCIAL FOOTBALL</b> 6pm to 8pm 		
<b>WEDS</b>	<b>SOCIAL CRICKET</b> 12pm to 2pm 					
<b>THURS</b>	<b>BEGINNERS LIFTING</b> 10.30am to 11.30am 	<b>INTERMEDIATE LIFTING</b> 11.30am to 12.30pm 	<b>STAFF LIFTING</b> 12.30pm to 1.30pm 	<b>BEGINNERS STAFF TENNIS</b> 12pm to 1pm 	<b>INTERMEDIATE STAFF TENNIS</b> 1pm to 2pm 	
	<b>THIS GIRL CAN LIFT</b> 5pm to 6pm 	<b>THIS GIRL CAN LIFT</b> 6pm to 7pm 	<b>CARDIO TENNIS</b> 7pm to 8pm 	<b>BEGINNERS TENNIS</b> 8pm to 9pm 	<b>INTERMEDIATE TENNIS</b> 9pm to 10pm 	
<b>FRI</b>	<b>STAFF FOOTBALL</b> 12pm to 1pm 	<b>WOMEN'S SOCIAL FOOTBALL</b> 12pm to 1pm 	<b>SOCIAL RACKETS</b> <small>(Badminton, table tennis, pickleball and touchtennis)</small> 12pm to 2pm 			

**DON'T FORGET YOUR LOYALTY CARD!**  
 Collect 15 stamps and claim a free ALL Active t-shirt. With 30 stamps, you can enter our prize draw to win £100 on your Kent One Card each term!



SESSION STARTS AT THE SPORTS CENTRE	SESSION TAKES PLACE IN THE GYM	SESSION TAKES PLACE AT THE PAVILION
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**ALL STUDENTS, STAFF, AND ALUMNI WELCOME**

• Free for Premium Plus and Plus members • £2 per session for Pay to Play members