

ALL Active

INCLUSIVE ★ SOCIAL ★ RELAXED

SUMMER VACATION TIMETABLE

17 JUNE TO 13 SEPTEMBER

Book online at kent.ac.uk/sports/all-active




 ALLActiveKent



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|--------------|--|---|---|---|
| MON | STAFF FUNCTIONAL FITNESS 7.30am to 8.30am  | SOCIAL RUN <small>(Meet at the Sports Centre)</small> 12pm to 1pm  | LEARN 2 LIFT 12pm to 1pm  | SOCIAL NETBALL 12.30pm to 1.30pm  |
| TUES | THIS GIRL CAN LIFT 10.30am to 11.30am  | STAFF TENNIS 12pm to 2pm  | SOCIAL RACKETS <small>(Badminton, table tennis, pickleball and touchtennis)</small> 4pm to 6pm  | |
| WEDS | SOCIAL PICKLEBALL 12pm to 2pm  | SOCIAL CRICKET 12.30pm to 1.30pm  | | |
| THURS | LEARN 2 LIFT 11am to 12pm  | STAFF LIFTING 12.30pm to 1.30pm  | STAFF TENNIS 12pm to 2pm  | THIS GIRL CAN LIFT 5pm to 6pm  |
| FRI | STAFF FOOTBALL 12pm to 1pm  | WOMEN'S SOCIAL FOOTBALL 12pm to 1pm  | SOCIAL RACKETS <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 AT THE SPORTS CENTRE

SESSION TAKES PLACE IN THE GYM

SESSION TAKES PLACE AT THE PAVILION

ALL STUDENTS, STAFF, AND ALUMNI WELCOME

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