

ALL Active

INCLUSIVE ★ SOCIAL ★ RELAXED

AUTUMN TERM TIMETABLE 23 SEPTEMBER TO 13 DECEMBER



MON	SOCIAL RUN / COUCH TO 5K 12pm to 1pm 	STAFF CARDIO TENNIS 12pm to 1pm 	SOCIAL NETBALL 12.30pm to 1.30pm 	NEW! STAFF PILATES 1.15pm to 1.45pm 	NEW! SOCIAL VOLLEYBALL 5pm to 6pm 		
TUES	THIS GIRL CAN LIFT 10.30am to 11.30am 	NEW! SOCIAL ROUNDERS 12pm to 1pm 	STAFF TENNIS 12pm to 2pm 	SOCIAL RACKETS (Badminton, table tennis, pickleball and touchtennis) 4pm to 7pm 	NEW! SOCIAL BASKETBALL 5pm to 6pm 	NEW! STAFF SOCIAL TENNIS 5.30pm to 7pm 	SOCIAL FUTSAL 6pm to 8pm
WEDS	NEW! SOCIAL PICKLEBALL 12pm to 1pm 	NEW! SOCIAL CRICKET 12pm to 1pm 	NEW! ULTIMATE FRISBEE 5.30pm to 6.30pm 				
THURS	BEGINNERS STAFF TENNIS 12pm to 1pm 	STAFF LIFTING 12.30pm to 1.30pm 	INTERMEDIATE STAFF TENNIS 1pm to 2pm 	THIS GIRL CAN LIFT 5pm to 6pm 	THIS GIRL CAN LIFT 6pm to 7pm 		
	CARDIO TENNIS 7pm to 8pm 	BEGINNERS TENNIS 8pm to 9pm 	INTERMEDIATE TENNIS 9pm to 10pm 				
FRI	STAFF FOOTBALL 12pm to 1pm 	WOMEN'S SOCIAL FOOTBALL 12pm to 1pm 	NEW! SOCIAL RACKETS (Badminton, table tennis, pickleball and touchtennis) 12pm to 2pm 	NEW! STAFF TAI CHI 12.15pm to 12.45pm 			



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 TAKES PLACE AT THE SPORTS CENTRE	SESSION TAKES PLACE IN THE GYM	SESSION TAKES PLACE AT THE PAVILION	STAFF-ONLY SESSION TAKES PLACE ACROSS CAMPUS
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STUDENTS, STAFF, AND ALUMNI WELCOME

- Free for Premium Plus and Plus members
- £2.50 per session for Pay to Play members