

Get Active Timetable

	Morning		Afternoon					Evening		
	10-11	11-12	12-1	1-2	2-3	3-4	4-5	5-6	6-7	7-8
Mon					Table Tennis	Futsal	Badminton	COURSE Cheerleading		
Tue			STAFF ONLY Football	Basketball			Badminton	BEGINNERS Volleyball	COURSE - BEGINNERS Fencing	
			FREE Meditation							
Wed			COURSE - INTERMEDIATES Fencing			FREE Get Active Campus Pop-Up		Dance		
			Yoga							
Thu			FREE Meditation			COURSE (1 FEB -29 FEB) Women's Self-Defence				
							Badminton	THIS GIRL CAN Badminton	THIS GIRL CAN Basketball	
Fri	Archery			Basketball				INTERMEDIATE Volleyball		

Ticket types

Pay As You Go: £2.50

Just pay for the sessions you want to go to.

Anytime 5: £10

(That's £2 a session)

Join us at any 5 sessions within 2 months.

Anytime 10: £18

(That's £1.80 a session)

Join us at any 10 sessions within 3 months.

Get Active Courses

Learn something new or boost your existing sport skills with our Get Active courses, run by qualified coaches with all equipment provided. Courses begin week commencing Monday 29 January, unless otherwise stated.

■ Sports Hall
 ■ Mind & Body Studio
 ■ Active Studio
 ■ Library Square

Timetable subject to change throughout the year. Please find the most up-to-date timetable online.



Book now
[qmsu.org/
getactive](https://qmsu.org/getactive)