

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			Badminton	Basketball			Badminton	BEGINNERS Volleyball	COURSE - BEGINNERS Fencing	
			FREE Meditation							
Wed			FREE Wellbeing Walk	FREE Get Active Campus Pop-Up					Football	
			COURSE - INTERMEDIATES Fencing					Dance		
Thu			STAFF ONLY Football			COURSE (5 OCT-2 NOV) Women's Self-Defence			THIS GIRL CAN Basketball	THIS GIRL CAN Badminton
			FREE Meditation				Badminton			
Fri	Archery			Basketball			Table Tennis	INTERMEDIATE Volleyball		

Ticket types

■ Sports Hall
 ■ Mind & Body Studio
 ■ Active Studio
 ■ Library Square
 ■ Students' Union Hub - Blomeley Rooms

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.

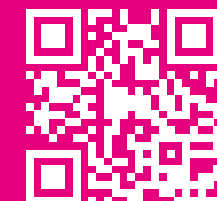
Anytime 10: £18 (That's £1.80 a session)

Join us at any 10 sessions within 3 months.

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

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 18 September, unless otherwise stated.



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