

# WELCOME TO ESSEX SPORT

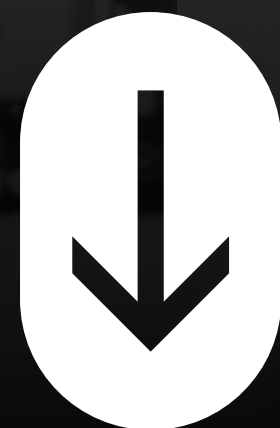
WELCOME WEEK  
2022 **TIMETABLE**

MON 2 OCT - FRI 14 OCT

THE  
TRIBE



University of Essex



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**WEEK 1**

**SUNDAY**

**2 OCTOBER**

**WBBL SEASON  
OPENER**

**REBELS**

VS

**CALEDONIA GLADIATORS**

**DOORS OPEN 5pm | TIP-OFF 6pm**



**PROFESSIONAL BASKETBALL  
AT ESSEX SPORT ARENA**

**ENTERTAINMENT INCLUDES:**

DJ Big Dog Ballin' | MC Hoopsbyhuncho |  
Music | Cheerleaders | Half-time Acts | Queen  
B Mascot | Fan Competitions & Challenges |  
Kiss, Dance & Swag Cam | Food & Drink

**Free for Students with a valid ID!**

Purchase your tickets on [Eventbrite](https://www.eventbrite.com), or visit our  
website for more info – [www.essexrebels.co.uk](http://www.essexrebels.co.uk)

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**WEEK 1**

**MONDAY**

**3 OCTOBER**

# **BARRE & PILATES BLEND**

**12 - 1pm | Studio 1**

Hosted by Health & Fitness

Join us for our first fitness taster session of the week which is a



ballet-inspired workout combined with fitness Pilates techniques for a low impact but challenging session.

# **GIVE IT A GO CLIMBING**

**3 - 4.30pm | Climbing Wall**

Hosted by Active Campus

Reach new heights with our give it a go climbing session – perfect for beginners!

Book on the Essex Sport app now or turn up on the day!

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**WEEK 1**

**TUESDAY**

**4 OCTOBER**

# **MIXED BASKETBALL**

**12 - 1pm | Sports Hall**

Hosted by Active Campus

Mixed turn up and play scrimmage basketball session.

Completely free to attend. Book on the Essex Sport app now or turn up on the day!

# **SOCIAL BADMINTON**

**1 - 2pm | Sports Hall**

Hosted by Active Campus

Play singles or doubles at our Active Campus badminton session.

Completely free to attend. Book on the Essex Sport app now or turn up on the day!



**WEEK 1**

**TUESDAY**

**4 OCTOBER**

# **DANCE STEP**

**1 - 2pm | Studio 2**

Hosted by Health & Fitness

Fun & energetic dance-based workout, combining  
STEP & conditioning

Completely free to attend. Book on the Essex  
Sport app now or turn up on the day!

# **CARDIO TENNIS**

**6 - 7pm | Tennis Courts**

Hosted by Active Campus

A fun, sociable and inclusive group fitness class  
with a tennis twist – doesn't matter if you haven't  
played before!

Completely free to attend. Book on the Essex  
Sport app now or turn up on the day!

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**WEEK 1**

**WEDNESDAY**

**5 OCTOBER**

# **CYCLE: SWEAT**

**1 - 2pm | Cycle Studio**

Hosted by Health & Fitness

High energy cycle class combining steady pace, speed intervals & hill climbs.

Completely free to attend. Book on the Essex Sport app now or turn up on the day!

# **SOCIAL VOLLEYBALL**

**2 - 3pm | Sports Hall**

Hosted by Active Campus

'Spike' up your life and give our volleyball session a go.

Completely free to attend. Book on the Essex Sport app now or turn up on the day!

**WEEK 1**

**WEDNESDAY**

**5 OCTOBER**

# NETBALL

**3 - 4pm | Sports Hall**

Hosted by Active Campus

Perfect if you are looking looking to have fun, make friends, get active and play netball!

Completely free to attend. Book on the Essex Sport app now or turn up on the day!

# FUTSAL

**4 - 5pm | Sports Hall**

Hosted by Active Campus

Did you know Messi mastered football by growing up with futsal? Show off your skills and tricks and give futsal a go.

Completely free to attend. Book on the Essex Sport app now or turn up on the day!



**WEEK 1**

**THURSDAY**

**6 OCTOBER**

# **FREESTYLE FITNESS YOGA**

**12 - 1pm | Studio 1**

Hosted by Health & Fitness

Stretch & unwind. With focus on flexibility, strength, yoga postures & disciplines.

Completely free to attend. Book on the Essex Sport app now or turn up on the day!

# **TOUCH RUGBY FESTIVAL**

**5 - 7pm | STP**

Hosted by Active Campus

If you haven't heard of touch rugby before, it's a non-contact version of rugby designed for all abilities and genders.

Come and give one of our most inclusive sessions a go – we'll have some music on and giveaways for everyone that attends.



WEEK 1

■ THURSDAY

6 OCTOBER

# CARDIO TENNIS

6 - 7pm | Tennis Courts

Hosted by Active Campus

Our second instalment of cardio tennis for the week - a fun, sociable and inclusive group fitness class with a tennis twist – doesn't matter if you haven't played before

Completely free to attend. Book on the Essex Sport app now or turn up on the day!

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**WEEK 1**

**FRIDAY**

**7 OCTOBER**

# FRESHERS FAIR

UNIVERSITY OF ESSEX  
STUDENTS\*  
UNION

**12 - 4pm**

**University Squares**

Hosted by Student's Union

Hosted by our awesome Students' Union (SU), you'll get the chance to meet the Essex Sport, Rebels, Blades and Tribe teams, and choose between over 44 sport clubs and over 110 student-run societies! There will also be plenty of freebies, goodie bags and discount rewards to take home with you – don't miss one of the best events of Welcome Week!

# STUDIO PUMP

**1 - 2pm | Studio 2**

Hosted by Health & Fitness

Tone up and build strength & stamina in this weights-to-music session.



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**WEEK 1**

**SATURDAY**

**8 OCTOBER**



## **TRIBE PRE-GAME TAKEOVER**

**2.30 - 3.30pm**

**Essex Sport Arena**

**(Outdoor Fan Zone)**

Hosted by The Tribe Student Section

Giveaways | Games | Music | Food & Drink | Raffle

We have launched a new Essex Student Section called The Tribe! Join us for the first Tribe takeover of the year where you can sign up as a member, as well as take part in a number of fun activities outside the Essex Sport Arena – there will also be a raffle and loads of promotional giveaways such as Amazon vouchers, and a Sub Zero term pass; you really don't want to miss this one!



**WEEK 1**

**SATURDAY**

**8 OCTOBER**

# REBELS DOUBLE HEADER



**TWO EXCITING BASKETBALL GAMES  
AT THE ESSEX SPORT ARENA!**

**DOORS OPEN 3pm | TIP-OFF 4pm & 6.30pm**

**GAME 1:**

**ESSEX REBELS VS CARDIFF MET ARCHERS  
WBBL (BASKETBALL) | 4pm**

**GAME 2:**

**ESSEX REBELS VS NORTHAMPTON TITANS  
NBL3 | 6.30pm**

**ENTERTAINMENT INCLUDES:**

DJ Big Dog Ballin' | MC Hoopsbyhuncho |  
Music | Cheerleaders | Half-time Acts | Queen  
B Mascot | Fan Competitions & Challenges |  
Kiss, Dance & Swag Cam | Food & Drink

**Free for Students with a valid ID!**

Purchase your tickets on [Eventbrite](https://www.eventbrite.com), or visit our  
website for more info – [www.essexrebels.co.uk](http://www.essexrebels.co.uk)

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**WEEK 2**

**TUESDAY**

**10 OCTOBER**

# **ACTIVE CAMPUS LAUNCH NIGHT**

Join us for our first Active Campus Tuesday of the year! Whether you're a complete beginner, or just want to stay active whilst you study, we have something for everyone! Social sessions are FREE for all Essex Sport Gold and Silver members, non-members will have to pay a small fee to participate.

FOOTBALL 5-6pm | STP

FEMALE FOOTBALL 6-7pm | STP

TOUCH UNION 6-7pm | STP

CARDIO TENNIS 6-7pm | Tennis Courts

BASKETBALL 7-8pm | Sports Arena

BADMINTON 7-9pm | Sports Hall

FUTSAL 8-9pm | Sports Arena

TABLE TENNIS 8-9pm | Sports Arena

## **How To Book:**

All social sessions must be booked in advance via the Essex Sport App. You can also pay online with your email and pin number, or book by telephone on 01206 873250 using your debit or credit card



**WEEK 2**

**WEDNESDAY 12 OCTOBER**

# **RED & BLACK PRE-GAME FANZONE**

**3.30 - 6.30pm | University Squares**

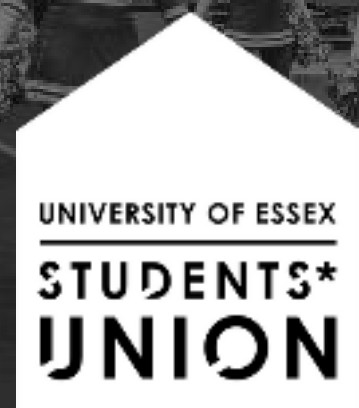
Hosted by Student's Union, Essex Blades & Essex Sport

Giveaways | Games | Music | Food & Drink |  
Facepaint & Glitter

Join us pre-game to support our Essex Blades teams for the first BUCS Wednesday of the year! Make sure you wear red or black and join us for a number of fun activities pre-game taking place outside the Essex Sport Arena.



**ESSEX  
SPORT**



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**WEEK 2**

**WEDNESDAY 12 OCTOBER**

**BUCS**  
**WEDNESDAY**  
**VOLLEYBALL**

**DOORS OPEN 5pm | STARTS AT 5.50pm**

Hosted by Student's Union, Essex Blades & Essex Sport

Join us for the first BUCS Wednesday Showcase of the year as we take one of our biggest rivals – University of East London (UEL).  
Bring the noise, Back the Blades!

**GAME 1:**

**ESSEX BLADES WOMEN VS UEL**

Essex Sport Arena | 5.50pm

**GAME 2:**

**ESSEX BLADES MEN VS UEL**

Essex Sport Arena | 7.50pm

**ENTERTAINMENT INCLUDES:**

DJ Big Dog Ballin' | MC Hoopsbyhuncho

| Music | Cheerleaders |

Half-time acts | Queen B Mascot | Fan Competitions  
& Challenges | Kiss, Dance & Swag Cam | Food &  
Drink

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WEEK 2

 **THURSDAY**

13 OCTOBER

# GET SET - GLOW!

## GLOW IN THE DARK FITNESS

2 - 4pm | Sub Zero

Hosted by Essex Sport & Student's Union

Turn the lights down, turn the music up, & Get Set - Glow!

Fun, glow in the dark fitness sessions in Yoga, Dance & more...taking place in our campus club – Sub Zero!



### DANCE FITNESS | 2pm

Get, Set - GROOVE! A high energy dance fitness session combining dance, aerobics, and conditioning. To reserve your space, [get your free ticket online.](#)

### STRETCH & RELAXATION | 3.15pm



Get, set - FLOW! Relax and unwind with this stretch, balance & toning session. To reserve your space, [get your free ticket online.](#)



# TURN UP TEAM UP

**Football\* | 4.30pm - 6pm | STP  
Basketball | 5 - 8pm | Sports Hall**

Hosted by Active Campus

We are kicking off our Intramural programmes with a Friday night Turn Up and Team Up event.

If you are struggling to get enough players together to join either of our football or basketball intramural leagues, this is the perfect event for you to attend – our friendly student activators will be on hand to ensure you get matched up in a team!

### **How To Sign Up:**

To sign up to any of our intramural leagues for the Autumn term, head over to our Essex Sport website and all the details can be found under our [Active Campus subpage](#).

\*This session is taking place on the synthetic turf pitch (STP) meaning trainers or moulds only! No studs.



# That's all!

We hope you enjoy a jam-packed start to your year at University of Essex with Essex Sport. If you have any questions related to memberships or other sport related enquiries please feel free to check out our website, or contact our team at Essex Sport reception.

While you're here, be sure to give us a follow on our social media channels to stay up to date with all of the latest Essex Sport news and fun content!

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[essex.ac.uk/sport](http://essex.ac.uk/sport)