

# WELCOME WEEK ACTIVITIES

MONDAY 5 TO FRIDAY 9 OCTOBER 2020

SIGN UP. JOIN IN. GET INVOLVED!

Things might be a little different this year, but your health and wellbeing are still at the heart of everything we do.

So we've put together some FREE online and socially distanced activities, to welcome you to sport on campus.

Try a new sport, make some new friends, or discover a skill you never knew you had!

#WELCOMESSEX

MON 5 OCT	TUES 6 OCT	WED 7 OCT	THURS 8 OCT	FRI 9 OCT
ASK US ABOUT... ACTIVE CAMPUS 1.00-1.30pm	ASK US ABOUT... ACTIVE CAMPUS 1.00-1.30pm	ASK US ABOUT... ACTIVE CAMPUS 1.00-1.30pm	ASK US ABOUT... ACTIVE CAMPUS 1.00-1.30pm	ACTIVE CAMPUS CLIMBING 10-11am, 11am-12pm 12-1pm
	AEROBICS & ABS 1.10-1.50pm	OUTDOOR FITNESS 1.00-1.30pm	FREESTYLE FITNESS YOGA 1.10-1.50pm	ASK US ABOUT... ACTIVE CAMPUS 1.00-1.30pm
GYM TOURS 2.00-2.30pm 2.30-3.00pm	GYM TOURS 2.00-2.30pm 2.30-3.00pm	GYM TOURS 2.00-2.30pm 2.30-3.00pm	GYM TOURS 2.00-2.30pm 2.30-3.00pm	20 MINUTE AB WORKOUT 1pm
TENNIS XPRESS (BEGINNERS) 2-3pm	CARDIO TENNIS 2-3pm	ACTIVE CAMPUS FOOTBALL 4-5pm, 5-6pm	ACTIVE CAMPUS BADMINTON 2.15-3.00pm	TENNIS (ALL PLAY) 1-2pm 2-3pm
	ACTIVE CAMPUS TT & TEOBALL 4.15-5.00pm	ACTIVE CAMPUS BADMINTON 4.15-5.00pm	ACTIVE CAMPUS 3x3 BASKETBALL 4:15-5.00pm	GYM TOURS 2.00-2.30pm 2.30-3.00pm

**VISIT [ESSEX.AC.UK/SPORT/WELCOME](https://www.essex.ac.uk/sport/welcome)  
TO FIND OUT MORE AND BOOK YOUR PLACE**

UNIVERSITY OF ESSEX STUDENTS ONLY  
TIMETABLE CORRECT AT TIME OF PRINTING