**WELCOME WEEK ACTIVITIES**

**MONDAY 5 TO FRIDAY 9 OCTOBER 2020**

**WELCOME**

**ESSEX**

**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!

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**WELCOME ACTIVITIES**

**TIME TABLE CORRECT AT TIME OF PRINTING**

**MON 5 OCT**

- **ASK US ABOUT... ACTIVE CAMPUS**
  - 1.00-1.30pm

**TUES 6 OCT**

- **ASK US ABOUT... ACTIVE CAMPUS**
  - 1.00-1.30pm

- **AEROBICS & ABS**
  - 1.10-1.50pm

**WED 7 OCT**

- **ASK US ABOUT... ACTIVE CAMPUS**
  - 1.00-1.30pm

- **OUTDOOR FITNESS**
  - 1.00-1.30pm

**THURS 8 OCT**

- **ASK US ABOUT... ACTIVE CAMPUS**
  - 1.00-1.30pm

- **FREESTYLE FITNESS YOGA**
  - 1.10-1.50pm

**FRI 9 OCT**

- **ACTIVE CAMPUS CLIMBING**
  - 10-11am, 11am-12pm, 12-1pm

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**MONDAY 5 TO FRIDAY 9 OCTOBER 2020**

**ASK US ABOUT... ACTIVE CAMPUS**

- **1.00-1.30pm**

**ACTIVE CAMPUS**

- **GYM TOURS**
  - 2.00-2.30pm
  - 2.30-3.00pm

- **CARDIO TENNIS**
  - 2-3pm

- **ACTIVE CAMPUS TT & TEQBALL**
  - 4.15-5.00pm

- **ACTIVE CAMPUS BADMINTON**
  - 4.15-5.00pm

- **ACTIVE CAMPUS 3x3 BASKETBALL**
  - 4.15-5.00pm

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**VISIT** [ESSEX.AC.UK/SPORT/WELCOME](http://ESSEX.AC.UK/SPORT/WELCOME)

**TO FIND OUT MORE AND BOOK YOUR PLACE**

**UNIVERSITY OF ESSEX STUDENTS ONLY**

**TIMETABLE CORRECT AT TIME OF PRINTING**