

**ESSEX  
SPORT**

# **STAFF ACTIVE WEEK: MAKING MOVES TO BETTER WELLBEING**



University of Essex

DATE	ACTIVITY	TIME	LOCATION
Monday 2 Sep	Walking Netball	11.00 – 11.45am	Sports Hall
	Back to Netball	12.00 – 12.45pm	
Tuesday 3 Sep	Badminton Drop In	11.00 – 11.45am	Sports Hall
		12.00 – 12.45pm	
	Zumba	12.10 – 12.50pm	Arena
	Seated Stretch & Mobility	1.15 – 1.45pm	Time Out
Wednesday 4 Sep	Womens' Basketball	11.00 – 11.45am	Arena
	Men's Futsal	12.00 – 12.45pm	Arena
	Meditation	1.15 – 1.45pm	Grass outside Arena
	Men's Indoor Football	5.00 – 5.45pm	Sports Hall
	Legs, Bums & Tums	6.10 – 6.50pm	Arena
Thursday 5 Sep	Women's Futsal	12.00 – 12.45pm	Arena
		1.00 – 1.45pm	
	Men's Basketball	12.00 – 12.45pm	Arena
	Badminton Drop In	5.00 – 6.00pm	Sports Hall
Friday 6 Sep	Tennis	12.00 – 1.00pm	Tennis Courts
	Campus Walk and refreshments	1.00 – 1.45pm	Meet outside Sports Centre
	Freestyle Fitness Yoga	1.10 – 1.50pm	Arena

To book onto a session, please contact the Sports Centre Reception on **01206 873250** or use the Essex Sport app.  
For more information about fitness classes and active sessions, please visit: [essex.ac.uk/sport](https://essex.ac.uk/sport)