



Activity Programme

SPRING 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-10am MEDITATION/ RELAXED SPACE	9-10am ARTS & CRAFTS	9-10:30am BOARD GAMES	9-10:30am BOARD GAMES	9:30-11am ARTS & CRAFTS
10-11:30am ARTS & CRAFTS	10-12pm MEDITATION/ RELAXED SPACE	10:30-12pm ARTS & CRAFTS	11-12pm GYM (FS)	11-12pm BOARD GAMES
11:30-12:30pm NETBALL (SH)	12-2pm DANCE FITNESS (SH)	12:15-1:15pm STUDENT UNION	12:15-1:15pm WOMEN'S FOOTBALL (SH)	2-3:30pm TABLE TENNIS
12-2pm GYM (FS)	12:15-1:15pm FOOTBALL (SH)	12:15-1:15pm BADMINTON (SH)	12:15-1:15pm CHESS	11-12pm GYM (FS)
3-5pm TEAM BUILDING ACTIVITIES	2:30-5pm GYM (FS)	1:30-3pm FOOTBALL (SH)	1:30-2:30pm 2:30-3:30pm BOOK & PLAY (SH)	
1:30-4:30pm SALON TREATMENTS*		3:30-5pm BASKETBALL (SH)	4-5pm QUICK CRICKET (SH)	
			1:30-4:30pm SALON TREATMENTS*	

NEW FOR 2024! Salon Treatments

Facial Wellness Treatments,
Manicure and Pedicure
Wellness Treatments.

*50% Discount for students.
Bookings must be made
via the Salon at least 7
days in advance.

LOCATION KEY

- The Hub
- Sports Hall (SH) / Fitness Suite (FS)
- Atrium Salon

*Please note that an induction must be completed
before using the gym