



enrichment

ACTIVITY PROGRAMME

AUTUMN 2022

MONDAY	TUESDAY	THURSDAY	FRIDAY
10:00-11:00 Start the Week Right Exercises <i>Sports Hall</i>	12:00-13:00 Football <i>Sports Hall</i>	11:30-12:00 Assignment Assistance <i>LRC – Get help and with assignments which you are finding difficult</i>	10:00-11:00 Board Games <i>The Hub</i>
11:00-12:00 Assignment Assistance <i>LRC – Get help and with assignments which you are finding difficult</i>	13:00-14:00 Gym* <i>Fitness Suite</i>	13:30-14:30 Basketball <i>Sports Hall</i>	11:00-12:00 Esports & Gaming <i>The Hub</i>
12:30-13:00 Student Union <i>The Hub</i>	14:00-14:30 Chill Out Zone <i>The Hub</i>	14:30-15:30 Gym* <i>Fitness Suite</i>	12:00-13:30 Book & Play <i>Sports Hall</i>
13:30-14:30 Esports & Gaming <i>The Hub</i>	15:00-15:30 Board Games <i>The Hub</i>	15:30-16:00 Esports & Gaming <i>The Hub</i>	13:30-14:30 Gym* <i>Fitness Suite</i>
15:00-16:00 Gym* <i>Fitness Suite</i>	15:30-17:00 Book & Play <i>Sports Hall</i>	16:00-17:00 Book & Play <i>Sports Hall</i>	14:30-16:00 Chill Out Zone <i>The Hub</i>
16:00-17:00 Book & Play <i>Sports Hall</i>			16:00-17:00 Book & Play <i>Sports Hall</i>



For more information or to book your place, contact the enrichment team at enrichment@esc.ac.uk, message on MS Teams, or pop into the Enrichment Hub

Make the most of your College experience!

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



JOHN RUSKIN COLLEGE

ORBITAL SOUTH COLLEGES