







Active Campus £2 Group Exercise Christmas Timetable

	MON	TUES	WED	THU	FRI	SAT	SUN
19/12-25/12	Circuits - Astro - 13:00-13:40 - £2 Zumba - Dance Studio - 18:45-19:45 - £2	Pilates - Dance Studio - 12:15-13:00 - £2 Body Combat - Dance Studio - 19:30-20:30 - £2	HITT - Functional Studio - 18:00-18:30 - £2	Body Combat - Dance Studio - 19:30-20:30 - £2	No delivered activity- See self led options	No delivered activity- See self led options	
26/12-01/01	No delivered activity- See self led options	 No delivered activity- See self led options	No delivered activity- See self led options	No delivered activity- See self led options	Indoor Cycle - Spin Studio - 12:15-12:45 - £2	No delivered activity- See self led options	No delivered activity- See self led options
02/01-08/01	Circuits - Astro - 13:00-13:40 - £2 Zumba - Dance Studio - 18:45-19:45 - £2	Pilates - Dance Studio - 12:15-13:00 - £2 Body Combat - Dance Studio - 19:30-20:30 - £2	HITT - Functional Studio - 18:00-18:30 - £2 PG Yoga - Kiff - 18:00-19:00 - £2	Body Combat - Dance Studio - 19:30-20:30 - £2	Indoor Cycle - Spin Studio - 12:15-12:45 - £2	No delivered activity- See self led options	Body Pump - Dance Studio - 11:30-12:30 - £2
09/01-15/01	Circuits - Astro - 13:00-13:40 - £2 Zumba - Dance Studio - 18:45-19:45 - £2	Pilates - Dance Studio - 12:15-13:00 - £2 Body Combat - Dance Studio - 19:30-20:30 - £2	HITT - Functional Studio - 18:00-18:30 - £2 PG Yoga - Kiff - 18:00-19:00 - £2	Body Combat - Dance Studio - 19:30-20:30 - £2	Indoor Cycle - Spin Studio - 12:15-12:45 - £2 	No delivered activity- See self led options	Body Pump - Dance Studio - 11:30-12:30 - £2

Bookings can be made at SP reception or on the SP website: <https://www.sportspark.co.uk/>

Active Campus £1 Sport Drop-In Christmas Timetable

	MON	TUES	WED	THU	FRI	SAT	SUN
19/12-25/12	Badminton - Hall 3 - 17:00-18:00 - £1 PG Football - 5-a-side - 18:00-19:00 - £1 Swimming - Pool - 20:00-21:00 - £1	No drop-ins - See group ex options	Climbing - Climbing Wall - 13:00-15:00 - £1 Swimming - Pool - 16:00-17:00 - £1	No drop-ins - See group ex options	No delivered activity- See self led options	No delivered activity- See self led options	
26/12-01/01	No delivered activity- See self led options	No delivered activity- See self led options	No delivered activity- See self led options	No delivered activity- See self led options	No drop-ins - See group ex options	No delivered activity- See self led options	No delivered activity- See self led options
02/01-08/01	Swimming - Pool - 20:00-21:00 - £1 	No drop-ins - See group ex options	Swimming - Pool - 16:00-17:00 - £1	No drop-ins - See group ex options	PG Football - 5-a-side - 18:00-19:00 - £1	 No delivered activity- See self led options	Volleyball - Hall 4+5 - 21:00-22:20 - £1
09/01-15/01	Swimming - Pool - 20:00-21:00 - £1 PG Football - 5-a-side - 18:00-19:00 - £1	No drop-ins - See group ex options	Climbing - Climbing Wall - 13:00-15:00 - £1 Swimming - Pool - 16:00-17:00 - £1	Badminton - Hall 5 - 17:00-18:00 - £1	PG Football - 5-a-side - 18:00-19:00 - £1	No delivered activity- See self led options	Volleyball - Hall 4+5 - 21:00-22:20 - £1

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Active Campus Free Christmas Activity Options (Self Led)

UEA+Moves

- December Challenges
- December Raffles now live
- Search 'Moves' on app store

Quest Trails

- Sculpture Trail
- Coffee Culture Trail
- Search 'Quest app' on app store

PG Swim Cards

- Available for PG students
- £1 from the Sportspark
- Swim at all off peak times

Equipment Hub

- Available for all students
- [Visit UEA+Sport website](#)
- Collection from the SIZ

Email studentsport@uea.ac.uk for more information