










# Active Campus £1 Sport Drop-In Christmas Timetable

	MON	TUES	WED	THU	FRI	SAT	SUN
30TH DEC - 5TH JAN	Swimming, Pool 20:00-21:00, £1	No drop-ins - Partake in a MOVES Challenge	 Happy New Year	Basketball, Hall 5 21:00-22:20, £1	No drop-ins - Borrow something from the equipment hub	No drop-ins - See group ex options	No drop-ins - Complete one of the campus walking trails 
23RD-29TH DEC	Swimming, Pool 20:00-21:00, £1	No drop-ins - See group ex options	 Merry Christmas	 No delivered activity - See self led options	No drop-ins - See group ex options	No drop-ins - Partake in a MOVES Challenge	No drop-ins - See group ex options
15TH-22ND DEC	No drop-ins - See group ex options 	No drop-ins - Complete one of the campus walking trails	Climbing, SP Wall 13:00-15:00, £1 Swimming, Pool 16:00-17:00, £1	Basketball, Hall 5 21:00-22:20, £1	No drop-ins - See group ex options	No drop-ins - See group ex options	No drop-ins - Complete one of the campus walking trails
9TH-15TH DEC	Swimming, Pool 20:00-21:00, £1	No drop-ins - See group ex options	Climbing, SP Wall 13:00-15:00, £1 Swimming, Pool 16:00-17:00, £1	Basketball, Hall 5 21:00-22:20, £1	No drop-ins - Borrow something from the equipment hub	No drop-ins - See group ex options 	No drop-ins - Partake in a MOVES Challenge







Bookings can be made on the SP App, via Reception or on the SP Website.

# Active Campus £1 Sport Drop-In Christmas Timetable

	MON	TUES	WED	THU	FRI	SAT	SUN
20TH-26TH JAN	<b>Badminton, Hall 3</b> 17:00-18:00, £1  <b>Swimming, Pool</b> 20:00-21:00, £1	No drop-ins - Partake in a MOVES Challenge	<b>Climbing, SP Wall</b> 13:00-15:00, £1  <b>Gymnastics, SPRING</b> 19:00-20:30, £1	<b>Badminton, Hall 5</b> 17:00-18:00, £1  <b>Basketball, Hall 5</b> 21:00-22:20, £1	No drop-ins - Borrow something from the equipment hub	No drop-ins - See group ex options	<b>Volleyball, Hall 5</b> 21:00-22:00, £1 
13TH-19TH JAN	<b>Badminton, Hall 3</b> 17:00-18:00, £1  <b>Swimming, Pool</b> 20:00-21:00, £1	No drop-ins - See group ex options	<b>Climbing, SP Wall</b> 13:00-15:00, £1	 <b>Badminton, Hall 5</b> 17:00-18:00, £1  <b>PG Badminton, Hall 5</b> 18:00-19:00, £1	No drop-ins - See group ex options	No drop-ins - Partake in a MOVES Challenge	<b>Volleyball, Hall 5</b> 21:00-22:00, £1
6TH-12TH JAN	No drop-ins - See group ex options 	No drop-ins - Complete one of the campus walking trails	<b>Swimming, Pool</b> 16:00-17:00, £1	<b>Basketball, Hall 5</b> 21:00-22:20, £1	No drop-ins - Partake in a MOVES Challenge	No drop-ins - See group ex options	No drop-ins - Complete one of the campus walking trails



Bookings can be made on the SP App, via Reception or on the SP Website.

# Active Campus £2 Group Exercise Christmas Timetable

	MON	TUES	WED	THU	FRI	SAT	SUN
30TH DEC - 5TH JAN	<p>Christmas Timetable, more info online:</p> <p>Aerobics, BodyPump, Pilates, BodyBalance, Indoor Cycle, Circuits</p>	<p>Christmas Timetable, more info online:</p> <p>LBT, Dynamic Yoga, BodyPump, Indoor Cycle, Pilates, BodySculpt</p>		<p>Normal timetable - suggested class:</p> <p>Aerobics, Dance Studio, 17:30-18:15, £2</p>	<p>Normal timetable - suggested class:</p> <p>Indoor Cycle, Spin Studio, 12:15-12:45, £2</p>	<p>Normal timetable - suggested class:</p> <p>Les Mills Tone, Functional Studio, 09:15-10:00, £2</p>	<p>Normal timetable - suggested class:</p> <p>BodyPump, Dance Studio, 11:30-12:30, £2</p> 
23RD-29TH DEC	<p>Christmas Timetable, more info online:</p> <p>Pilates, Aerobics, BodyPump, BodyBalance, Indoor Cycle, Circuits</p>	<p>Christmas Timetable, more info online:</p> <p>LBT, Dynamic &amp; Flow Yoga, BodyPump, Indoor Cycle, Pilates, Circuits, BodySculpt</p>			<p>Christmas Timetable, more info online:</p> <p>BodyPump, BodyBalance, Zumba, Indoor Cycle</p>	<p>Christmas Timetable, more info online:</p> <p>Les Mills Tone, Indoor Cycle, BodyPump, BodyBalance</p>	<p>Christmas Timetable, more info online:</p> <p>Yoga, Triple Challenge, Indoor Cycle, BodyPump</p>
15TH-22ND DEC	<p>Normal timetable - suggested class:</p> <p>Circuits, Functional Studio, 13:00-13:40, £2</p> 	<p>Normal timetable - suggested class:</p> <p>Aerobics, Dance Studio, 17:30-18:30, £2</p>	<p>Normal timetable - suggested class:</p> <p>Vinyasa Flow Yoga, Dance Studio, 13:00-14:00, £2</p>	<p>Normal timetable - suggested class:</p> <p>Les Mills Shape, Dance Studio, 13:00-13:45, £2</p>	<p>Normal timetable - suggested class:</p> <p>Body Balance Dance Studio, 18:45-19:30, £2</p>	<p>Normal timetable - suggested class:</p> <p>Indoor Cycle, Spin Studio, 11:45-12:15, £2</p>	<p>Normal timetable - suggested class:</p> <p>Triple Challenge, Dance Studio, 10:15-11:15, £2</p>
9TH-15TH DEC	<p>Normal timetable - suggested class:</p> <p>Boxercise, Functional Studio, 19:45-20:45, £2</p>	<p>Normal timetable - suggested class:</p> <p>Circuits, Functional Studio, 13:00-13:40, £2</p>	<p>Normal timetable - suggested class:</p> <p>Body Combat, Dance Studio, 17:30-18:30, £2</p>	<p>Normal timetable - suggested class:</p> <p>Aerobics, Dance Studio, 17:30-18:15, £2</p>	<p>Normal timetable - suggested class:</p> <p>Indoor Cycle, Spin Studio, 12:15-12:45, £2</p>	<p>Normal timetable - suggested class:</p> <p>Les Mills Tone, Functional Studio, 09:15-10:00, £2</p> 	<p>Normal timetable - suggested class:</p> <p>BodyPump, Dance Studio, 11:30-12:30, £2</p>

Bookings can be made on the SP App, via Reception or on the SP Website.

# Active Campus £2 Group Exercise Christmas Timetable

	MON	TUES	WED	THU	FRI	SAT	SUN
20TH-26TH JAN	Normal timetable - suggested class:  Zumba, Dance Studio, 18:35-19:35, £2	Normal timetable - suggested class:  Pilates, Dance Studio, 12:15-13:00, £2	Normal timetable - suggested class:  Les Mills Tone, Functional Studio, 17:55-18:25, £2	Normal timetable - suggested class:  Aerobics, Dance Studio, 17:30-18:15, £2	Normal timetable - suggested class:  Indoor Cycle, Spin Studio, 12:15-12:45, £2	Normal timetable - suggested class:  Les Mills Tone, Functional Studio, 09:15-10:00, £2	Normal timetable - suggested class:  BodyPump, Dance Studio, 11:30-12:30, £2 
13TH-19TH JAN	Normal timetable - suggested class:  Boxercise, Functional Studio, 19:45-20:45, £2	Normal timetable - suggested class:  Circuits, Functional Studio, 13:00-13:40, £2	Normal timetable - suggested class:  Body Combat, Dance Studio, 17:30-18:30, £2	Normal timetable - suggested class:  GRIIT, Dance Studio, 17:00-17:30, £2	Normal timetable - suggested class:  Step/Tone, Dance Studio, 13:45-14:30, £2	Normal timetable - suggested class:  Indoor Cycle, Spin Studio, 11:45-12:15, £2	Normal timetable - suggested class:  Triple Challenge, Dance Studio, 10:15-11:15, £2
6TH-12TH JAN	Normal timetable - suggested class:  Circuits, Functional Studio, 13:00-13:40, £2 	Normal timetable - suggested class:  Aerobics, Dance Studio, 17:30-18:30, £2	Normal timetable - suggested class:  Vinyasa Flow Yoga, Dance Studio, 13:00-14:00, £2	Normal timetable - suggested class:  Les Mills Shape, Dance Studio, 13:00-13:45, £2	Normal timetable - suggested class:  Body Balance Dance Studio, 18:45-19:30, £2	Normal timetable - suggested class:  Les Mills Tone, Functional Studio, 09:15-10:00, £2	Normal timetable - suggested class:  BodyPump, Dance Studio, 11:30-12:30, £2

Bookings can be made on the SP App, via Reception or on the SP Website.



# Active Campus Free Christmas Activity Options (Self Led)

## **UEA★MOVES**

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

## **Walking & Cycling Trails**

- 5 walking and 4 cycling trails
- All on and around campus
- Head to our website for a map



## **PG Swim Cards**

- For PG and mature students
- £1 from the Sportspark
- Swim at all off peak times

## **Equipment Hub**

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

Email [studentsport@uea.ac.uk](mailto:studentsport@uea.ac.uk) for more information