



DMUactive@dmu.ac.uk

All about fun, fitness, stress relief, building confidence and making new friends!

| | | | |
|-------|-----------------|------------------|----------------------------|
| | Indoor Football | 12.00pm – 2.00pm | QEII Leisure Centre |
| | Flag Football | 5.30pm – 7.00pm | The Watershed |
| | Self - Defence | 7.00pm – 8.30pm | The Watershed Studio |
| Event | | | |
| | Pilates | 8.05am – 8.50am | QEII Leisure Centre Studio |
| | Badminton | 5.30pm – 7.00pm | QEII Leisure Centre |

For BOTH students and staff members of DMU: Just bring your DMU student or staff card

