



UNIVERSITY OF
GREENWICH

ACTIVE LIFE COMMUNITY

MOVE • CONNECT • FEEL BETTER

More
Than Just
Sport



AVERY HILL CAMPUS



MONDAY



Badminton

12-1pm

Avery Hill Sports Hall



Mixed Football

6-7pm

Avery Hill 3G Pitch

TUESDAY



Belly Dancing

12-1pm

David Fussey Sports Hall



Women's Only Gym

4-5pm

The Dome Gym



Mixed Football

6-7pm

Avery Hill 3G Pitch

WEDNESDAY



Boxercise

12-1pm

David Fussey Sports Hall

THURSDAY



Badminton

12-1pm

Avery Hill Sports Hall



Padel

12-2pm

Avery Hill 3G Pitch

FRIDAY



Pilates

12.30-1.30pm

The Dome Gym

A HEALTHIER YOU
STARTS HERE



GREENWICH CAMPUS



MONDAY



Table Tennis

4-6pm

Daniel Dafoe Building



Women's Only Sessions

Sports Deck Gym (Dreadnought)

12:30-1:30pm

WEDNESDAY



Table Tennis

12-1pm

Daniel Dafoe Building



Yoga

5.15-6.15pm

Daniel Dafoe Building

THURSDAY



Yoga

12-1pm

Daniel Dafoe Building



Women's only

3-5pm

Sports Deck Gym (Dreadnought)

FRIDAY



Wellbeing Walk & Talk

12-1pm

Sports Deck Gym (Dreadnought)

WELLBEING
IN EVERY STEP



MEDWAY CAMPUS



MONDAY



Tennis

12-1pm



Women's only gym

4-5pm

TUESDAY



Yoga

12-1pm (Hub)



Mixed Football

5-7pm UTC

WEDNESDAY



Tennis

12-1pm (Hub)

THURSDAY



Badminton

5-7pm UTC

FRIDAY



Padel

11am-1pm

PLAY • BE ACTIVE
• BELONG



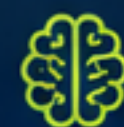
SCAN TO
SIGN UP



IMPROVE
YOUR HEALTH



MEET
NEW PEOPLE



BOOST
YOUR WELLBEING



BE PART OF
THE COMMUNITY



UNIVERSITY OF
GREENWICH

Active Life

THREE CAMPUSES • ONE COMMUNITY