

Active Life Community at Greenwich: Activity Schedule

| Day | Activity | Time | Location |
|-----------|-----------------------|---------------|-----------------------|
| Monday | Table tennis | 4 - 6pm | Daniel Defoe Building |
| Wednesday | Table tennis | 12 - 1pm | Daniel Defoe Building |
| | Yoga | 5.15 - 6.15pm | Daniel Defoe Building |
| | Run club | 5 - 6pm | Sports Deck Gym |
| Thursday | Yoga | 12 - 1pm | Daniel Defoe Building |
| | Women's Only Gym | 3 - 5pm | Sports Deck Gym |
| Friday | Wellbeing Walk & Talk | 12 - 1pm | Sports Deck Gym |

Join our Community on Instagram [@gresportandactivelife](https://www.instagram.com/gresportandactivelife)



Active Life Community at Avery Hill Activity Schedule

| Day | Activity | Time | Location |
|------------------|-------------------------|-----------------------|------------------------------------|
| Monday | Badminton | 12 - 1pm | David Fussey Sports Hall |
| | Mixed Football | 6 - 7pm | |
| Tuesday | Bellydance | 12 - 1pm | David Fussey Sports Hall |
| | Women's Only Gym | 4 - 5pm | The Dome Gym |
| | Mixed Football | 6 - 7pm | 3G Avery Hill |
| Wednesday | Circuit training | 12 - 1pm | David Fussey Sports Hall |
| | Tennis | 12 - 2pm | Tennis Courts at Avery Hill |
| Thursday | Badminton | 12 - 1pm | David Fussey Sports Hall |
| | Run club | 5 - 6pm | The Dome Gym |
| Friday | Pilates | 12.30 - 1.30pm | David Fussey Sports Hall |

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Active Life Community at Medway: Activity Schedule

| Day | Activity | Time | Location |
|-----------|------------------|------------|-------------------------|
| Monday | Tennis | 12 - 1pm | Tennis courts at Medway |
| | Women's Only Gym | 4 - 5pm | Medway Gym |
| Tuesday | Yoga | 12 - 1pm | The Hub, Mezzanine |
| | Circuit training | 12 - 1pm | Medway Gym |
| | Mixed football | 5 - 7pm | UTC |
| Wednesday | Run club | 5 - 6pm | The Hub |
| Thursday | Badminton | 5 - 7pm | UTC |
| Friday | Padel | 11am - 1pm | The Hub |

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