

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

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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	Yoga	12 - 1pm	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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