

ACTIVITY

SPRING 2018

PROGRAMME

Stay up-to-date
with all the latest
news, events
and photos



FREE activities
for all students!

Pop into the **Activity Hub**
(Room D115) to find out more
about events and activities

MONDAY

The **Gym is FREE** for all students and an induction is required prior to using the equipment.

To book your induction email: enrichment@esc.ac.uk.

09:15-10:45
Chill Out Zone
(Activity Hub)

12:30-14:00
Kickboxing
(Sports Hall)

15:00-16:30
Futsal
(Sports Hall)

08:15-08:45 // 11:30-14:00
Student Gym (Fitness Suite)

TUESDAY

11:00-12:00
Chill Out Zone
(Activity Hub)

12:30-13:30
Touch Tennis
(Sports Hall)

15:00-16:30
Book & Play
Wellbeing Session
(Sports Hall)

Chill Out sessions – hang out with friends and play games – Trivial Pursuit, Scrabble, Chess, Battleships and more!

08:15-10:15 // 13:15-14:30
Student Gym (Fitness Suite)

WEDNESDAY

12:00-13:30
Chill Out Zone
(Activity Hub)

09:15-10:45
Multi-sports
(Sports Hall)

11:00-13:00
Basketball
(Sports Hall)

08:15-08:45
Student Gym (Fitness Suite)

THURSDAY

15:00-18:00
ESC Archery Club
Open to ESC students & the public*
(Sports Hall)

*fees apply to members of the public

08:15-08:45
Student Gym (Fitness Suite)

FRIDAY

08:15-08:45
Student Gym (Fitness Suite)

To book a place for your chosen activity or sport, email: enrichment@esc.ac.uk.

Check Out >>> Kickboxing

Come along to the Sports Hall and try out Kickboxing with your friends!
Monday 12:30-14:00 in the Sports Hall