

# FREE ACTIVITIES!

AUTUMN TERM

## MONDAY

Email [enrichment@esc.ac.uk](mailto:enrichment@esc.ac.uk) to book a time in the Sports Hall for your chosen activity or sport.

08:15-08:45  
**Circuits:  
Strength & Tone**  
(Sports Hall)

12:30-14:00  
**K1 Kickboxing**  
(Sports Hall)  
12:30-13:30  
**Ladies Kickboxing**  
(Sports Hall)

15:30-16:30  
**Chill Out**  
(Activity Hub)  
15:00-17:00  
**Futsal**  
(Sports Hall)

13:00-14:30  
**Student Gym (Fitness Suite)**

## TUESDAY

08:15-08:45  
**HIIT Session**  
(Fitness Suite)

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

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

15:00-16:30  
**Archery**  
(Sports Hall)

13:00-14:30  
**Student Gym (Fitness Suite)**

## WEDNESDAY

08:15-08:45  
**Stretch & Tone**  
(Sports Hall)

10:30-11:30  
**Table Tennis**  
(Sports Hall)

10:00-11:00  
**Chill Out**  
(Activity Hub)

11:30-13:30  
**Basketball**  
(Sports Hall)

12:30-13:30  
**Student Gym (Fitness Suite)**

## THURSDAY

08:15-08:45  
**LBT**  
(Sports Hall)

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

\*fees apply to members of the public

The Gym is FREE for all students and an induction is required prior to using the equipment. Email [enrichment@esc.ac.uk](mailto:enrichment@esc.ac.uk) to book.

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

## FRIDAY

08:15-08:45  
**Strike Fitness**  
(Sports Hall)  
Cardio based martial arts class

12:30-13:30  
**Supported Learning  
Inclusive Club**  
(Sports Hall)  
SEN students only

14:00-15:00  
**Chill Out**  
(Activity Hub)

15:30-16:30  
**Student Gym (Fitness Suite)**

# Check Out >>> Ladies Kickboxing

Come along to the Sports Hall and try out Ladies Kickboxing (Females only) with your friends! Monday 12:30-13:30 in the Sports Hall