



DMUactive@dmu.ac.uk

All about fun, fitness, stress relief, building confidence and making new friends!

	Indoor Football	12.00pm – 2.00pm	QEII Leisure Centre
	Flag Football	5.30pm – 7.00pm	The Watershed
	Self - Defence	7.00pm – 8.30pm	The Watershed Studio
Event			
	Pilates	8.05am – 8.50am	QEII Leisure Centre Studio
	Badminton	5.30pm – 7.00pm	QEII Leisure Centre

For BOTH students and staff members of DMU: Just bring your DMU student or staff card

