

ueactive



ueactive is a programme of wide-ranging, fun and affordable programme of activities for students and staff at UEA, to help develop a healthy lifestyle and promote a sporting habit for life.

This year the programme includes:

- Do Something Different – FREE (Experience the UEA clubs training sessions before you join).
- Drop-in Sports - £1 each (Badminton, Climbing, Men's Football, Gymnastics, Mixed Hockey Sixes, Swimming and Volleyball).
- Group Exercise Classes - £2 each (Indoor Cycle, Body Pump, Aerobics, LBT, Body Combat, Body Balance, Zumba etc.).
- Social Leagues & Tournaments – varying prices (Hockey, Badminton, Squash plus many more).
- The Ziggurat Challenge – FREE (Compete for your school of study in a programme of sporting events).

Drop-in Sports: **£1 each**

Day	Time	Sport	Where
Monday	17:00 - 18:20	Badminton	Hall 4
Monday	20:00 - 21:00	Swimming	Pool
Tuesday	17:00 - 18:00	Men's Football	3g 7aside
Wednesday	13:00 - 15:00	Climbing	Climbing Wall
Wednesday	17:00 - 18:30	Squash	Squash Courts 4 & 5
Wednesday	18:00 - 19:00	Swimming	Pool
Thursday	19:00 - 20:00	Gymnastics	Gymnastics Centre
Thursday	17:00 - 18:00	Hockey Small-Sided	Astro Pitch 2
Thursday	17:00 - 18:20	Men's Football	3g 7aside
Thursday	17:40 - 19:00	Badminton	Hall 4
Sunday	19:00 - 20:20	Volleyball	Hall 1

All activities run term-time only and spaces can be booked at Sportspark reception or by calling 01603 592398.

For more information or to see a full programme of activities please visit the website www.ueasport.co.uk.

Group Exercise Classes: **£2 each**

Day	Time	Sport	Where
Monday	13:00 - 13:40	Circuits	Main Arena
Monday	18:45 - 19:45	Zumba	Dance Studio
Monday	19:45 - 20:45	Body Balance	Dance Studio
Monday	20:45 - 21:30	Boxercise	Dance Studio
Tuesday	11:15 - 12:00	Body Pump	Dance Studio
Tuesday	13:00 - 13:40	Circuits	Main Arena
Tuesday	13:05 - 13:50	LBT	Dance Studio
Tuesday	17:30 - 18:30	Aerobics	Dance Studio
Tuesday	19:30 - 20:30	Body Combat	Dance Studio
Tuesday	20:30 - 21:30	Restorative Yoga	Dance Studio
Wednesday	10:30 - 11:30	Body Pump	Dance Studio
Wednesday	13:00 - 14:00	Vinyasa Flow Yoga	Dance Studio
Wednesday	17:30 - 18:30	Body Combat	Dance Studio
Wednesday	20:00 - 21:00	Body Balance	Dance Studio
Thursday	20:30 - 21:30	Zumba	Dance Studio
Friday	12:15 - 12:45	Indoor Cycle	Spin Studio
Friday	13:00 - 13:45	Body Pump	Dance Studio
Friday	18:45 - 19:30	Body Balance	Dance Studio
Sunday	11:30 - 12:30	Body Pump	Dance Studio
Sunday	12:30 - 13:30	Pilates	Dance Studio