

# GET ACTIVE TIMETABLE

Get Active  
Fun | Social | Sport

**MONDAY**

**SQUASH**  
4.00pm - 5.00pm  
Squash Courts

**VOLLEYBALL**  
5.00pm - 6.30pm  
Sports Hall

**GYMFIT**  
5.30pm - 6.15pm  
Squash Court 1

**INTRAMURAL  
FUTSAL LEAGUE**  
6.30pm - 9.00pm  
Sports Hall

**TUESDAY**

**RUNNING**  
12.30pm - 1.30pm  
Meet at Team Hud Reception

**Staff Netball\***  
12.30pm - 1.15pm  
Sports Hall

**FUTSAL (mixed)**  
4.00pm - 5.00pm  
Sports Hall

**FUTSAL**  
5.00pm - 6.00pm  
Sports Hall

**TOUCH RUGBY**  
5.30pm - 6.30pm  
Sports Hall

**WEDNESDAY**

University Sports Fixtures

**THURSDAY**

**GIRLS WHO LIFT**  
3.15pm - 4.15pm  
Meet at Team Hud reception

**RUNNING HUB\***  
5.30pm - 6.00pm  
Meet at Team Hud Reception

**FRIDAY**

**INTRAMURAL  
FUTSAL LEAGUE**  
5.00pm - 9.00pm  
Sports Hall

**RACKET SPORTS**  
3.00pm - 5.00pm  
Sports Hall

**SUNDAY**

**BASKETBALL**  
3.00pm - 5.00pm  
Sports Hall

**FUTSAL**  
5.00pm - 6.00pm  
Sports Hall

\*These sessions run in 6 week blocks each term, register your interest at [getactive@hud.ac.uk](mailto:getactive@hud.ac.uk)