

Confirmed	Activity	Organiser	Contact	Location	Monday 12:00 - 1300	Monday 13:00 - 1400	Tuesday 12:00 - 1300	Tuesday 13:00 - 1400	Wednesday 12:00 - 1300	Wednesday 13:00 - 1400	Thursday 12:00 - 1300	Thursday 13:00 - 1400	Friday 12:00 - 1300	Friday 13:00 - 1400	Notes
Yes	Tennis	Elliot Oram	elliott.oram@stfc.ac.uk	Tennis Court 1			x				x				Will book as required - Other Volunteers TBC
Yes	Table Tennis	Tom Griffin	tom.griffin@stfc.ac.uk	Table Tennis Room	x		x								Will book as required - Other Volunteers TBC
No	Bootfit	Joe Moxon	joe.moxon@stfc.ac.uk	Sports Field	x				x						12:30 - 13:30
Yes	Zumba	Martin Rudman	martin.rudman@stfc.ac.uk	Sports Hall		x									
Yes	Introduction to Awareness Through Movement	Alessandro Bombardi	alessandro.bombardi@diamond.ac.uk	CR12 / 13	x										12:30 - 13:30
Yes	Photography Ramble	Duncan Russell	duncan.russell@stfc.ac.uk	Campus	x										12:30 - 13:30
Yes	5K Walk / Run	Joe Moxon	joe.moxon@stfc.ac.uk	Campus			x								12:30 - 13:30
No	Ultimate Frisbee	Joe Moxon	joe.moxon@stfc.ac.uk	Sports Field							x				12:30 - 13:30
Yes	Walking Football	Ronnie Brumfitt	ronnie.brumfitt@stfc.ac.uk	Sports Field			x				x				12:30 - 13:30
Yes	Volleyball	Paul Sedwards	paul.sedwards@stfc.ac.uk	Sports Field					x						12:30 - 13:30
Yes	Netball	Sarah Needham	sarah.needham@stfc.ac.uk	Tennis Court 2					x						12.30 - 13.30
Yes	Fencing	Adrian Coveney	adrian.coveney@stfc.ac.uk	Sports Hall							x				
Yes	Hula Hoop Fitness	Katy Gilder	katy.gilder@stfc.ac.uk	Sports Field							x				12:15 - 13:15 Music Required if possible
Yes	Aunt Sally	Nick Moore / Joe Moxon	joe.moxon@stfc.ac.uk	Garden							x				12:30 - 13:30
Yes	Outdoor Badminton	Sarah Needham	sarah.needham@stfc.ac.uk	Garden	x										Very much weather dependant - All Lunchtime
Yes	Ballet for fitness taster	Ronnie Brumfitt	ronnie.brumfitt@stfc.ac.uk	Sports Hall									x		
Yes	General Knowledge Quiz	Martin Rudman	martin.rudman@stfc.ac.uk	Lounge					x						
Yes	Board Games in the lounge	Ann Turner / Peter Phillips	peter.phillips@stfc.ac.uk	Lounge			x								
Yes	Pool (Free play and mini tournament if enough interest)	Simon Moorby	simon.moorby@stfc.ac.uk	Lounge	x	x									Format TBC
Yes	Yoga	Ronnie Brumfitt	ronnie.brumfitt@stfc.ac.uk	Sports Hall				x							
Yes	Pilates	Ronnie Brumfitt	ronnie.brumfitt@stfc.ac.uk	Sports Hall					x						
Yes	Piano Lessons	Tristan Youngs	tristan.youngs@stfc.ac.uk	Music Club			x	x							6x 20 minute sessions available

Not Possible due to Volunteer Commitments or Room Unavailable
Fixed Time Slots of Regular Activity