

November is  
Men's Health  
Awareness  
Month

# Join us in MOVEMBER

to support your  
Health & Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4th	5th	6th	7th	8th	9th	10th
	<b>One More Round Boxercise</b> 14:00-15:00   Gymnasium	<b>Ride it Out Spin</b> 18:30-19:15   Spin Studio	<b>Table Tennis</b> 17:00-18:00   Small Hall		<b>No Strength in Silence Weight Training</b> 13:00-14:00   Gym	
11th	12th	13th	14th	15th	16th	17th
	<b>One More Round Boxercise</b> 14:00-15:00   Gymnasium	<b>Pilates MENzone</b> 12:00-12:45   Gymnasium <b>Ride it Out Spin</b> 18:30-19:15   Spin Studio	<b>Table Tennis</b> 17:00-18:00   Small Hall		<b>No Strength in Silence Weight Training</b> 13:00-14:00   Gym	<b>Men.Walk.Talk</b> 11:00-12:00   Gym Reception
18th	19th	20th	21st	22nd	23rd	24th
	<b>One More Round Boxercise</b> 14:00-15:00   Gymnasium	<b>Pilates MENzone</b> 12:00-12:45   Gymnasium <b>Ride it Out Spin</b> 18:30-19:15   Spin Studio	<b>Table Tennis</b> 17:00-18:00   Small Hall		<b>No Strength in Silence Weight Training</b> 13:00-14:00   Gym	<b>Men.Walk.Talk</b> 11:00-12:00   Gym Reception
25th	26th	27th	28th	29th	30th	
	<b>One More Round Boxercise</b> 14:00-15:00   Gymnasium	<b>Pilates MENzone</b> 12:00-12:45   Gymnasium <b>Ride it Out Spin</b> 18:30-19:15   Spin Studio	<b>Table Tennis</b> 17:00-18:00   Small Hall		<b>No Strength in Silence Weight Training</b> 13:00-14:00   Gym	



FREE for male staff and students  
BOOK on via Playwaze

Sport and  
Active Lifestyle



University of  
Chester