

Medway

Move

FREE

BOOK ONLINE @ THEHUBMEDWAY.CO.UK

Starting January 15th

Monday

Yoga

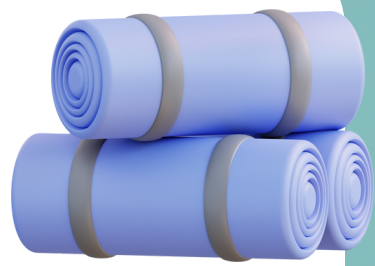
12:30-1:30pm

Mezzanine (The Hub)

Social Badminton

5pm - 6pm

Waterfront UTC
ME4 4FQ



Wednesday

Brazilian Jiu-Jitsu

5pm - 6pm

Waterfront UTC
ME4 4FQ

Thursday

Strong Nation

5:30pm- 6:30pm

Waterfront UTC
ME4 4FQ

Scan to see an example of Strong Nation



Friday

Tai Chi

12pm - 1pm

Mezzanine (The Hub)



Tuesday

Yoga

12:30-1:30pm

Mezzanine (The Hub)

Zumba

5:15pm-6:15pm

Mezzanine (The Hub)

Social Cricket

5pm - 6pm

Waterfront UTC
ME4 4FQ



Table Tennis

Available at The Hub please ask at reception.

Tennis

Tennis equipment is now available to be borrowed from The Hub reception. Tennis Courts are located next to Pembroke building, keys can be collected from security.



LOYALTY CARDS

Attend any Medway Move session and receive stamps for your loyalty card!

Fill your loyalty card and choose from a selection of prizes and entry into the prize draw ending on the 29th of March!



Open to students and staff!

To find out more information, or to book your place, please scan this QR code to take you to the event page



All information correct at the time of print.