The Great British Week of Sport

21st- 25th September

This week Exercise Therapy are celebrating The Great British Week of Sport by organising a different sporting event each day (Monday-Friday). If you would like to get involved or find out more information please speak to the Exercise Therapy team. Sessions will be held on the outdoor pitch.

**Monday Cricket**



**Tuesday Volleyball**



**Wednesday National Fitness Day**

**Test Your Fitness- Rowing Challenge**



**Thursday Orienteering**



**Friday Football**

