

## Stratford Enrichment Timetable 2026

| Day  | Time                                     | Activity  | Facilitator    | Room/Space   |
|------|--|---|----------------|--|
| Mon  | 10.00am - 1.15pm<br>&<br>2.30pm - 5.00pm | <b>Games Club</b><br>We have Uno, chess, drafts, pool, table tennis & PS5 look out for our tournaments running throughout the year  | Idia           | Student Lounge   |
| Mon  | 11.15am - 1.15pm                         | <b>Gym</b><br>Book in for a gym induction during this time<br>Gym is open for workouts  | Paul           | Gym  |
|      |  |   |                |  |
| Tues | 10.00am - 1.15pm                         | <b>Talk Tuesdays</b><br>It's good to talk - the perfect way to increase your confidence and communication skills. We also run workshops on Anxiety awareness, stress awareness plus many more                                   | Idia           | Student Lounge   |
| Tues | 11.00am - 12.00pm                        | <b>IRL Statistics work shops</b><br>Statistics is the science of collecting, analyzing, interpreting, and presenting data to uncover patterns, make predictions, and inform decisions in fields from medicine, business & Sport | Barney         | TBC  |
| Tues | 12.15pm - 1.15pm                         | <b>Driving Theory course</b><br>4-week course to help those looking to drive pass their driving theory test - with Abbies Driving School.   | Abbies Driving | Closed group please register your interest in the student lounge |
| Tues | 2.15pm - 5.00pm                          | <b>Games Club</b><br>Play some pool, table tennis & PS5 look out for our tournaments running throughout the year  | Idia           | Student Lounge   |

|      |                  |  |      |                |
|------|------------------|--|------|----------------|
| Weds | 12.15pm - 1.15pm | <b>Kick back vibes</b><br>You get to choose the music and vibes. Tic Tok dances encouraged | L    | Student Lounge |
| Weds | 2.15pm - 4.30pm  | <b>Kick back vibes</b><br>You get to choose music and vibes. Tic Tok dances encouraged     | Idia | Student Lounge |

|       |  |  |      |                                     |
|-------|--|--|------|-------------------------------------|
| Thurs | 9.30am - 1.15pm<br>&<br>2.30pm - 5.00pm  | <b>Games Club</b><br>Play some pool, table tennis & PS5 look out for our tournaments running throughout the year   | Idia | Student Lounge                      |
| Thurs | 10.30am - 1.15pm<br>&<br>2.30pm - 4.00pm | <b>Gym</b><br>Book in for a gym induction during this time<br>Gym is open for workouts   | Paul | Gym                                 |
| Thurs | 4.30 - 5.30                              | <b>Student Union Meeting</b><br><br>Students Union (SU) closed meeting   | Josh | Student Lounge/<br>online via teams |
| Thurs | 4.30pm - 5.45pm                          | <b>Weightlifting club</b><br>Whether you are a beginner or a seasoned pro, we will ensure your lifting technique is correct for deadlift, clean and press, clean and jerk to name a few! This session is led by a strength and conditional coach | Paul | Gym                                 |

|     |   |   |      |                  |
|-----|---|---|------|------------------|
| Fri | 9.00am - 1.15pm<br>&<br>2.30pm - 4.45pm | <b>Games Club, Pool and Table Tennis</b><br>Drop In and come play games, that helps you improve your critical thinking. | Idia | Student Lounge   |
| Fri | 10.30am - 12.00pm                       | <b>Student Union Meeting</b><br>Students Union (SU) closed meeting  | Josh | Every other week |