

Callywith Active Sessions

Free sessions for staff & students **Mon 15 Apr - Fri 21 Jun**

Monday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 10.40 Gym Session Fox Gym	11.00 - 13.00 First Aid Training Fox Gym		13.30 - 14.30 Gym Session Fox Gym	15.00 - 15.45 Boxing Fitness Female Only Fox Gym	16.30 - 18.00 Staff Only Gym Session Fox Gym
Tuesday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 10.40 Gym Session Fox Gym	11.00 - 12.30 Protective Services Fox Gym	12.45 - 13.30 Gym Session Fox Gym	13.45 - 14.45 High Performance Fox Gym	15.00 - 16.00 Gym Session Female Only Fox Gym	16.30 - 18.00 Staff Only Gym Session Fox Gym
Wednesday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 10.40 Gym Session Fox Gym	11.00 - 14.45 First Aid Training Fox Gym				16.30 - 18.00 Staff Only Gym Session Fox Gym
Thursday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 10.15 Boxing Fitness Female Only Fox Gym	11.00 - 12.15 Gym Session Fox Gym	12.30 - 13.15 Boxing Fitness Fox Gym	13.30 - 14.30 Gym Session Fox Gym		16.30 - 19.00 Private Hire by Community Group Fox Gym
Friday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 12.30 First Aid Training Fox Gym		12.45 - 14.00 Gym Session Fox Gym	14.00 - 15.00 Injury Management Appointments Fox Gym		16.30 - 18.00 Staff Only Gym Session Fox Gym

The Astro Pitch will also be opened at various times throughout the week for students to engage in football, frisby, etc. Times of sessions are flexible and will be dependent on the weather and staffing availability.