

# Callywith Active Sessions

Free sessions for staff & students **Mon 9 Sept - Fri 20 Dec**

<b>Monday</b>	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 10.40 Badminton & Table Tennis Sports Hall	11.00 - 12.00 Boxing Bag and Pads Session Fox Gym	12.30 - 13.30 Gym Session Fox Gym	13.50 - 14.20 Female Only Circuits Fox Gym	15.00 - 16.15 Gym Session Fox Gym	16.30 - 18.00 Staff Only Gym Session Fox Gym
					14.30 - 15.00 Injury Management and Health Appointments Fox Gym		
<b>Tuesday</b>	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 10.40 Gym Session Fox Gym	11.00 - 12.30 Female Only Gym Session with Instructor Advice and Guidance Fox Gym	12.45 - 13.40 High Performance Fox Gym	13.50 - 14.40 Basketball Sports Hall	15.00 - 16.15 Gym Session Fox Gym	16.30 - 18.00 Staff Only Gym Session Fox Gym
<b>Wednesday</b>	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 10.40 Badminton & Table Tennis Sports Hall	11.00 - 11.45 Female Only Yoga and Flexibility Fox Gym	12.00 - 13.00 Injury Management and Health Appointments Fox Gym	13.30 - 14.30 Gym Session Fox Gym		16.30 - 18.00 Staff Only Gym Session Fox Gym
				12.45 - 13.20 Mindfulness Trail Walk Meet at KI001 (Kilmar)			
<b>Thursday</b>	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 10.40 Badminton & Table Tennis Sports Hall	11.00 - 12.30 Protective Services Fox Gym	12.30 - 13.15 Gym Session Fox Gym	13.15 - 14.40 Protective Services Fox Gym		16.30 - 18.00 Staff Only Gym Session Fox Gym
				12.40 - 13.20 Dance Session Lecture Theatre			
		09.30 - 10.40 Protective Services Fox Gym		12.45 - 13.20 Mindfulness Trail Walk Meet at Student Services			
<b>Friday</b>	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 12.30 First Aid Training Fox Gym	12.45 - 13.40 High Performance Fox Gym	13.50 - 14.40 Basketball Sports Hall	15.00 - 16.15 Protective Services 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.