

Callywith Active

Callywith College Summer Sessions

Free sessions for students & staff **Mon 25 April to Fri 08 July**



▶ **HWS Truro Penwith Callywith:** View and download 100 physical activity workout sessions on YouTube.

Monday	09.30 - 11.00 Quiet Gym Session Fox Gym	12.30 - 13.15 Gym Session Fox Gym	13.30 - 15.30 Exercise Referral Appointments Fox Gym	16.30 - 17.45 Staff Only Gym Session Fox Gym	19.00 - 20.00 Premises First Aid Training
Tuesday	09.30 - 11.00 Table Tennis TE117	11.30 - 12.15 Quiet Gym Session Fox Gym	12.40 - 14.00 High Performance Academy Fox Gym	14.30 - 16.00 Gym Session Fox Gym	
Wednesday	09.30 - 10.30 Quiet Gym Session Fox Gym	10.45 - 12.00 Gym Session Fox Gym	12.40 - 14.00 High Performance Academy Fox Gym	14.15 - 16.15 Medics' Academy First Aid Training	16.30 - 17.45 Staff Only Gym Session Fox Gym
Thursday	09.30 - 10.30 Quiet Gym Session Fox Gym	10.45 - 11.45 Premises First Aid Training	12.45 - 13.45 Gym Session Fox Gym		
Friday	09.30 - 10.30 Quiet Gym Session Fox Gym	10.45 - 12.15 Table Tennis TE117	12.45 - 13.45 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.



Get in touch & find out more

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