

Callywith Active

Callywith College Summer Sessions



Free sessions for students & staff Mon 17 Apr to Fri 23 Jun

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

Monday	09.30 - 10.30 Gym Session Fox Gym	11.00 - 12.30 Quiet Gym Session Fox Gym	13.15 - 16.00 First Aid Training Fox Gym		16.30 - 18.00 Staff Only Gym Session Fox Gym	18.00 - 20.00 Private Community Booking Fox Gym
Tuesday	09.30 - 10.30 Female Only Gym Session Fox Gym	11.00 - 12.30 Quiet Gym Session Fox Gym	13.45 - 14.45 High Performance Academy Fox Gym	15.00 - 16.00 Gym Session Fox Gym	16.30 - 20.00 Private Community Booking Fox Gym	
Wednesday	09.30 - 10.30 Gym Session Fox Gym	11.00 - 12.30 Quiet Gym Session Fox Gym	13.15-16.15 First Aid Training Fox Gym		16.30 - 18.00 Staff Only Gym Session Fox Gym	
Thursday	09.30 - 10.30 Gym Session Fox Gym	11.00 - 12.30 Quiet Gym Session Fox Gym	12.30 - 14.00 Injury Management Appointments Fox Gym	14.00 - 15.00 Female Only Gym Session Fox Gym	15.00 - 16.00 Gym Session Fox Gym	16.30 - 20.00 Private Community Booking Fox Gym
	09.30 - 12.30 Mindfulness Trail Outdoor Gym					
Friday	09.30 - 14.00 First Aid Training Fox Gym			14.00 - 15.00 Quiet Gym Session Fox Gym	15.00 - 16.00 Gym Session Fox Gym	
	09.30 - 12.30 Mindfulness Trail Outdoor 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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 callywithactive@callywith.ac.uk