

Callywith Active

Callywith College Spring Sessions

Free sessions for students & staff **Wed 04 Jan to Fri 31 Mar**



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

Monday	09.30 - 10.40 Badminton & Table Tennis Sports Hall	11.00 - 12.15 Quiet Gym Session Fox Gym	12.30 - 13.15 Male Basketball Sports Hall	13.30 - 16.00 Exercise Referral & Injury Management Appointments Fox Gym		16.30 - 18.00 Staff Only Gym Session Fox Gym	18.00 - 20.00 Private Community Booking Fox Gym
Tuesday	09.30 - 10.40 Badminton & Table Tennis Sports Hall	11.00 - 12.15 Quiet Gym Session Fox Gym	12.35 - 13.15 Football Academy S&C 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 - 10.40 Badminton & Table Tennis Sports Hall	11.00 - 12.15 Quiet Gym Session Fox Gym	12.35 - 13.15 Female Only Gym Session Fox Gym	13.30 - 14.45 High Performance Academy Fox Gym	15.00 - 18.00 DoE & First Aid Training Fox Gym		
Thursday	09.30 - 10.40 Badminton & Table Tennis Sports Hall	11.00 - 12.15 Quiet Gym Session Fox Gym	12.30 - 14.00 Male Basketball Sports Hall	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 - 10.30 Gym Session Fox Gym	11.00 - 12.30 Mindfulness Trail Appointments	12.30 - 14.00 Injury Management Appointments Fox 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 - 10.40 Badminton & Table Tennis Sports Hall	11.00 - 14.00 Mindfulness Trail Appointments					

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