Callywith Active Sessions

Free sessions for staff & students **Mon 2 Nov - Fri 18 Dec**

Monday	07.30 - 08.30 **Staff Only Gym Session** Fox Gym	09.30 - 10.40 **Gym Session** Fox Gym 09.30- 10.40 **Badminton** Sports Hall	11.05- 12.30 **Protective Services** Fox Gym 11.00- 12.00 **Football** Astro	12.30 - 13.15 **Gym Session** Fox Gym 12.30- 13.15 **Badminton** Sports Hall	13.30 - 14.30 **Female Only Gym** Fox Gym	15.00 - 16.15 **Gym Session** Fox Gym 15.00- 16.00 **Basketball** **3 on 3 or** **just shoot hoops** Sports Hall	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 **Protective Services** Fox Gym 09.30- 10.40 **Football** Astro	11.00- 12.00 **Protective Services** Fox Gym 11.00- 12.00 **Football** Astro	12.30 - 13.15 **Gym Session** Fox Gym	13.40 - 14.40 **High Performance** Fox Gym	14.55- 16.25 **Protective Services** Fox Gym 15.00- 16.15 **Badminton** Sports Hall	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 09.30- 10.40 **Badminton** Sports Hall	11.05- 12.30 **Protective Services** Fox Gym 11.00- 12.00 **Badminton** Sports Hall	12.30 - 13.15 **Gym Session** Fox Gym	13.30 - 14.30 **Gym Session** Fox Gym		16.30 - 18.00 **Staff Only Gym Session** Fox Gym
Thursday	07.30 - 08.30 **Staff Only Gym Session** Fox Gym	09.15- 10.45 **Protective Services** Fox Gym 09.30- 10.40 **Football** Astro	11.05- 12.30 **Protective Services** Fox Gym 11.00- 12.00 **Football** Astro	12.30 - 13.15 **Gym Session** Fox Gym 12.30- 13.15 **Badminton** Sports Hall	13.30 - 14.30 **Female Only Gym** Fox Gym	15.00 - 16.15 **Gym Session** Fox Gym 15.00- 16.00 **Football** Astro	16.30 - 18.00 **Staff Only Gym Session** Fox Gym
Friday	07.30 - 08.30 **Staff Only Gym Session** Fox Gym	09.15- 10.45 **Protective Services** Fox Gym 09.30- 10.40 **Badminton** Sports Hall	11.00 - 12.00 **Injury Management** **Appointments** Fox Gym 11.00- 12.00 **Football** Astro	12.30 - 13.15 **Gym Session** Fox Gym 12.40- 13.40 **Netball drop-in session** **All welcome** Sports Hall	13.40 - 14.40 **High Performance** Fox Gym 13.40 - 14.40 **Basketball** Fox Gym	15.00 - 16.15 **Gym Session** Fox Gym	16.30 - 18.00 **Staff Only Gym Session** Fox Gym

Times of Astro sessions will be dependent on the weather and staffing availability.

Get in touch & find out more

@callywithcollege @callywithcollege @callywith callywithactive@callywith.ac.uk