

# Callywith Active Sessions 22 Apr - 27 Jun

No sessions on the following days: Fri 9 May, Thu 12 Jun, Fri 13 Jun, Tue 17 Jun, Wed 18 Jun, Thur 19 Jun

Monday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 12.30 First Aid Training Fox Gym		12.45 - 13.30 Gym Session Fox Gym	13.30 - 15.00 Injury Management and Health Appointments Fox Gym	15.00 - 16.15 Gym Session Fox Gym	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 Gym Session Fox Gym	11.00 - 12.15 Female Only Yoga, Flexibility and Gym session Fox Gym	12.45 - 13.40 High Performance Fox Gym	13.45 - 14.30 Gym Session Fox Gym	15.00 - 16.15 Gym Session Fox Gym	16.30 - 18.00 Staff Only Gym Session Fox Gym
Wednesday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 12.30 First Aid Training Fox Gym	12.45 - 13.20 Mindfulness Trail Walk Meet at Student Services		13.45 - 14.30 Gym Session Fox Gym		16.30 - 18.00 Staff Only Gym Session Fox Gym
			12.45 - 13.30 Gym Session Fox Gym				
Thursday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 10.40 Protective Services Fox Gym	11.00 - 12.15 Female Only Yoga, Flexibility and Gym session Fox Gym	12.45 - 13.30 Gym Session Fox Gym	13.45 - 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 Student Services			
Friday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 12.30 First Aid Training Fox Gym		12.45 - 13.30 Gym Session Fox Gym	13.45 - 14.30 Gym Session Fox Gym	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.