

Callywith Active Sessions

Free sessions for staff & students **Mon 30 Oct to Fri 15 Dec**

Monday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 10.40 Gym Session Fox Gym	11.00 - 12.00 Badminton & Table Tennis Sports Hall	12.15 - 13.00 Male Rugby Academy S&C Fox Gym	13.00 - 14.30 Gym Session Fox Gym	15.00 - 16.00 Badminton & Table Tennis Sports Hall	16.30 - 17.30 Staff Only Gym Session Fox Gym
				12.30 - 13.15 Basketball Sports Hall			
Tuesday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 10.40 Gym Session Fox Gym	11.00 - 12.30 Protective Services Fox Gym	12.45 - 13.30 Male Football Academy S&C Fox Gym	13.45 - 14.45 High Performance Fox Gym	15.00 - 16.00 Badminton & Table Tennis Sports Hall	16.30 - 17.30 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	11.00 - 12.00 Badminton & Table Tennis Sports Hall	12.45 - 13.15 Yoga (follow an online yoga session) Fox Gym	13.30 - 14.30 Gym Session Fox Gym		16.30 - 17.30 Staff Only Gym Session Fox Gym
Thursday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 10.40 Badminton & Table Tennis Sports Hall	11.00 - 12.15 Gym Session Fox Gym	12.30 - 13.30 Injury Management Appointments Fox Gym	13.45 - 14.45 High Performance Fox Gym		16.30 - 17.30 Staff Only Gym Session Fox Gym
				12.45 - 14.00 Basketball Sports Hall			
Friday	07.30 - 08.30 Staff Only Gym Session Fox Gym	09.30 - 12.30 First Aid Training Fox Gym		12.45 - 14.00 Gym Session Fox Gym	14.00 - 15.00 Injury Management Appointments Fox Gym		16.30 - 17.30 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.