

ACTIV4HEALTH ACTIVITY PROGRAMME

MON	DROP-IN GYM 14.00 -15.00 NSC GYM		
TUES	DROP-IN GYM 10.00-11.00 NSC GYM	BEGINNERS BOXERCISE 13.00-14.00* SECONDARY HALL (NSC)	
WED	FITNESS YOGA 10.00-10.45* SECONDARY HALL	SWING OF THINGS 11.00-12.00* MAIN HALL	WALK, TALK, RUN 18.00-19.00* NSC TRACK
THURS	DROP-IN GYM 15.00 -16.00 NSC GYM	DROP-IN GYM 17.30-18.30 NSC GYM	
FRI	DROP-IN GYM 11.00-12.00 NSC GYM	SOCIAL SPIN 14.00-15.00* SECONDARY HALL	

*TIME SUBJECT TO CHANGE DURING SCHOOL HALF TERMS