

# ALL Active

INCLUSIVE \* SOCIAL \* RELAXED



## MONDAY

**SOCIAL NETBALL**  
12.30PM TO 1.30PM

**SOCIAL RUN**  
5.30PM TO 6.30PM

## TUESDAY

**COUCH 2 5K**  
12.30PM TO 1.30PM

**BADMINTON AND TABLE TENNIS**  
4PM TO 5PM

**MINI TENNIS, BADMINTON AND TABLE TENNIS**  
5PM TO 6PM

## WEDNESDAY

**INTERMEDIATE RUNNING GROUP**  
1PM TO 2PM

**THIS GIRL CAN LIFT**  
2PM TO 3PM

## THURSDAY

**SOCIAL RUN**  
12.30PM TO 1.30PM

## FRIDAY

**FOOTBALL (STAFF ONLY)**  
12PM TO 1PM

**MINI TENNIS AND BADMINTON**  
4PM TO 5PM

**BASKETBALL**  
5PM TO 6PM

ALL STAFF AND STUDENTS WELCOME