

# DeakinACTIVE

## Burwood Group Fitness Schedule

DAY	TIME	CLASS TYPE	WHERE
Thurs July 21st	12.15pm-1.00pm	Yoga	MPC
Thurs July 28th	12.15pm-1.00pm	Boxing	MPC
Thurs August 4th	12.15pm-1.00pm	HIIT	MPC
Thurs August 11th	12.15pm-1.00pm	Yoga	MPC
Thurs August 25th	12.15pm-1.00pm	Boxing	MPC
Thurs September 1st	12.15pm-1.00pm	HIIT	MPC
Thurs September 8th	12.15pm-1.00pm	HIIT	MPC
Thurs September 15th	12.15pm-1.00pm	HIIT	MPC
Thurs September 22nd	12.15pm-1.00pm	HIIT	MPC
Thurs September 29th	12.15pm-1.00pm	HIIT	MPC

MPC = Outdoor Multi Purpose Court, next to Building LC

## Burwood Come & Try Sessions

DAY	TIME	COME & TRY	WHERE
Tues July 5th	4.00pm-5.00pm	Chess	The Mezz, Building H
Tues July 12th	4.00pm-5.00pm	Dodgeball	Indoor Stadium, Building HE
Tues July 19th	5.00pm-6.00pm	Aikido	Indoor Stadium, Building HE
Tues July 26th	5.00pm-6.00pm	Table Tennis	The Mezz, Building H
Tues August 2nd	4.00pm-5.00pm	Cricket	Bennettswood Reserve Oval
Tues August 9th	12.00pm-1.00pm	Wheelchair Basketball	Multi Purpose Court (Elgar Rd side of campus)

\*Come & Try Sessions for 16th August – 4th October - to be confirmed