

FREE TRY-OUTS SCHEDULE



DANCE STUDIO A

Free Try-Outs schedule

MONDAY 13 FEB

- 19.00 - 19.30 Theatre (acting)
- 19.45 - 20.15 Theatre (acting)
- 21.15 - 21.45 Heels Dance

TUESDAY 14 FEB

- 19.45 - 20.45 House Dance
- 21.00 - 22.00 House Dance



Did you know... we also offer free **Capoeira** in the Dojo on 17 February? And many other things! Want to know the full schedule? Scan the QR.

WEDNESDAY 15 FEB

- 19.45 - 20.45 Vogue

DANCE STUDIO B

Free Try-Outs schedule

TUESDAY 14 FEB

19:15 - 20:15 Tai Chi Chen

WEDNESDAY 15 FEB

18:30 - 19:30 Bollywood Dance (Open Style)



Did you know... we also offer free **Pole Fitness** in the
Aerobics on 14 February? And many other things!
Want to know the full schedule? Scan the QR.

DOJO

Free Try-Outs schedule

MONDAY 13 FEB

19:15 - 20:45 Martial Fit

WEDNESDAY 15 FEB

18:15 - 19.15 Aikido

19.15 - 20.15 Aikido

THURSDAY 16 FEB

19:00-20:00 Jiu Jitsu

FRIDAY 17 FEB

19:15 - 20:45 Capoeira



Did you know... we also offer free **Boomwhackers** in Band Studio A on 16 February? And many other things! Want to know the full schedule? Scan the QR.

FITNESS

Free Try-Outs schedule

MONDAY 13 FEB

07:00 - 16:00 Fitness Free Try-Outs

TUESDAY 14 FEB

07:00 - 16:00 Fitness Free Try-Outs

WEDNESDAY 15 FEB

07:00 - 16:00 Fitness Free Try-Outs

THURSDAY 16 FEB

07:00 - 16:00 Fitness Free Try-Outs

FRIDAY 17 FEB

07:00 - 16:00 Fitness Free Try-Outs



Did you know... we also offer free **Ballet** in the Ballet Studio on 14 February? And many other things! Want to know the full schedule? Scan the QR.

CAFE X - DOWNSTAIRS

Free Try-Outs schedule

MONDAY 13 FEB

- 19:00 - 19:30 Photography
- 19:30 - 20:00 Photography
- 20:00 - 20:30 Photography
- Hip Hop Beginners
- 20:30 - 21:00 Photography
- Hip Hop Intermediate

TUESDAY 14 FEB

- 19:00 - 19:30 Songwriting
- 19:30 - 20:00 Songwriting

WEDNESDAY 15 FEB

- 16:00 - 17:00 Drawing & Painting: Portrait
- 17:00 - 18:00 Drawing & Painting: Portrait
- 19:00 - 19:30 Ceramics
- 19:30 - 20:00 Ceramics
- 20:00 - 20:30 Ceramics
- 20:30 - 21:00 Ceramics

FRIDAY 17 FEB

- 19:00 - 19:30 Textile Art
- 19:30 - 20:00 Textile Art



Did you know... we also offer free **Find your instrument** and an **Open Jam Session** on 14 February in the Foyer? Want to know the full schedule? Scan the QR.

CAFE X - UPSTAIRS

Free Try-Outs schedule

TUESDAY 14 FEB

20:00 - 20:30 Ballroom

20:30 - 21:00 Ballroom

THURSDAY 16 FEB

20:30 - 22:30 Karaoke Night



WEDNESDAY 15 FEB

20:00 - 20:30 Tango

20:30 - 21:00 Tango



Did you know... we also offer free **access to the Fitness** on 13 - 17 February? And many other things! Want to know the full schedule? Scan the QR.

BODY & MIND

Free Try-Outs schedule

MONDAY 13 FEB

18.15 - 19.30 Power Yoga

19.45- 21.15 Hatha Yoga & Meditation

TUESDAY 14 FEB

19.30 - 20.15 Online Bodyshape (via ZOOM)

WEDNESDAY 15 FEB

19.00 - 20.30 Hatha Yoga & Meditation

20.30 - 21.15 Meditation

THURSDAY 16 FEB

18.00 - 18.55 Pilates

19.00 - 20.00 Tai Chi Yang

FRIDAY 17 FEB

18.15 - 19.15 Pilates

19.15 - 20.15 Power Yoga



Did you know... we also offer free **Upcycling Fashion** in the Design Studio on 16 February? And many other things! Want to know the full schedule? Scan the QR.

AEROBICS

Free Try-Outs schedule

MONDAY 13 FEB

- 08.15 - 09.00 Xcore
- 16.45 - 17.45 Body Power
- 18.00 - 19.00 BBB
- 19.15 - 20.15 Body Power
- 20.30 - 21.15 Xcore

TUESDAY 14 FEB

- 09.00 - 10.00 Yogalates
- 17.00 - 18.00 Body Power
- 18.15 - 19.15 Yogalates
- 19.15 - 20.00 Xcore
- 21.30 - 22.30 Pole Fitness
- 21.30 - 22.30 Pole Fitness

WEDNESDAY 15 FEB

- 17:00 - 18:00 HIIT
- 18:00 - 19:00 Body Power
- 19.00 - 20.00 Strong Nation
- 20.00 - 21.00 Body Power
- 21.15 - 22.00 Cardio Killer

THURSDAY 16 FEB

- 08.00 - 09.00 Body Power
- 09.15 - 10.15 BBB
- 17.00 - 17.55 BBB
- 18.00 - 19.00 Body Power
- 19.00 - 20.00 Zumba
- 20.15 - 21.00 Ballet Fit

FRIDAY 17 FEB

- 09.00 - 09.45 Ballet fit
- 10.00 - 11.00 Yogalates
- 17.00 - 18.00 Body Power
- 18.15 - 19.00 Xcore
- 20.00 - 21.00 Pole Fitness

SPINNING

Free Try-Outs schedule

MONDAY 13 FEB

07.30 - 08.30 Spinning
17.45 - 18.45 Spinning
19.00 - 20.00 Spinning
20.15 - 21.15 Spinning

TUESDAY 14 FEB

17.45 - 18.45 Spinning
19.00 - 20.00 Spinning

WEDNESDAY 15 FEB

18.00 - 19.00 Spinning
20.00 - 21.00 Spinning

THURSDAY 16 FEB

09.30 - 10.30 Spinning
18.30 - 19.30 Spinning
19.45 - 20.45 Spinning

FRIDAY 17 FEB

08.30 - 09.30 Spinning
18.30 - 19.30 Spinning

BALLET STUDIO

Free Try-Outs schedule

MONDAY 13 FEB

09.00 - 10.30 Pralaya Yoga

TUESDAY 14 FEB

19.00 - 19.30 Ballet Beginners

19.45 - 20.15 Ballet Intermediate



Did you know... we also offer free **Yoga classes** in the Body & Mind on 13 - 17 February? And many other things! Want to know the full schedule? Scan the QR.

COMBAT

Free Try-Outs schedule

MONDAY 13 FEB

- 17.30 - 18.30 HIIT
- 19:15 - 20:30 Brazilian Jiu Jitsu
- 20:45 - 21:45 MMA

TUESDAY 14 FEB

- 19.00 - 20.00 Fencing

WEDNESDAY 15 FEB

- 19:00 - 20:30 Kickboxing
- 20:30 - 22:00 Kickboxing



Did you know... we also offer free **Bollywood Dance** in Dance Studio B on 15 February? And many other things! Want to know the full schedule? Scan the QR.

THURSDAY 16 FEB

- 17:45 - 18:45 Table Tennis
- 19:00 - 20:30 Boxing
- 20:30 - 22:00 Boxing

FRIDAY 17 FEB

- 17:30 - 19:00 Kickboxing

THEATRE HALL

Free Try-Outs schedule

TUESDAY 14 FEB

19.30 - 20.00	Theatre (production)
20.15 - 20.45	Theatre (production)
21.00 - 21.30	Theatre (production)



Did you know... we also offer free **Kickboxing** in the Combat on 15 and 17 February? And many other things! Want to know the full schedule? Scan the QR.

X3

Free Try-Outs schedule

MONDAY 13 FEB

19:30 - 20:30 How to do a handstand?



TUESDAY 14 FEB

18:00 - 19:00 Freerunning

WEDNESDAY 15 FEB

18:00 - 19:00 Dodgeball



Did you know... we also offer free **Ceramics** and **Drawing & Painting** in Cafe X on 15 February? And many other things! Want to know the full schedule? Scan the QR.

X1

Free Try-Outs schedule

TUESDAY 14 FEB

17:00 - 18:00 Badminton



Did you know... we also offer free **Dodgeball** in X3 on 15 and 17 February? And many other things! Want to know the full schedule? Scan the QR.

X2

Free Try-Outs schedule

THURSDAY 16 FEB

17:00 - 18:00 Core Stability



Did you know... we also offer free **Karaoke Night** in Cafe X on 16 February? And many other things! Want to know the full schedule? Scan the QR.

DESIGN STUDIO

Free Try-Outs schedule

THURSDAY 16 FEB

19.00 - 21.00

Upcycling Fashion



Did you know... we also offer free **Table Tennis** in the Combat on 16 February? And many other things! Want to know the full schedule? Scan the QR.

BAND STUDIO A

Free Try-Outs schedule

THURSDAY 16 FEB

18:45 - 19:45 Boomwhackers



Did you know... we also offer free **Theatre Production** in the Theatre Hall on 14 February? And many other things! Want to know the full schedule? Scan the QR.

FREETOWN FOYER

Free Try-Outs schedule

TUESDAY 14 FEB

19:00 - 20:00 **Find your instrument**

Try out instruments and ask all your questions to our teachers so you can choose the perfect music course!

20:00 - 21:00 **Open jam session**

Do you already play an instrument? Join our jam session!



Did you know... we also offer free **Badminton** in X1 on 14 February? And many other things! Want to know the full schedule? Scan the QR.