

FREE TRY-OUTS SCHEDULE



AEROBICS

Free Try-Outs schedule

MONDAY 24/04

08.15 - 09.00	Xcore
09.15 - 10.15	Yogalates
16.45 - 17.45	Body Power
18.00 - 19.00	BBB
19.15 - 20.15	Body Power
20.30 - 21.15	Xcore

TUESDAY 25/04

08:45 - 09:30	Ballet Fit
09:30 - 10:30	Yogalates
17.00 - 18.00	Body Power
18.15 - 19.15	Yogalates
19.15 - 20.00	Xcore
20.30 - 21.30	Pole Fitness
21.30 - 22.30	Pole Fitness

WEDNESDAY 26/04

18:00 - 19:00	Body Power
19.00 - 20.00	Strong Nation
20.00 - 21.00	Body Power
21.15 - 22.00	Xcore

FRIDAY 28/04

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

ACT-LAB

Free Try-Outs schedule

TUESDAY 25/04

18:00 - 18:45	Reflective Writing
19:00 - 19:45	Reflective Writing

BALLET STUDIO

Free Try-Outs schedule

MONDAY 24/04

09.00 - 10.30 Pralaya Yoga

BODY & MIND

Free Try-Outs schedule

MONDAY 24/04

18.15 - 19.30 Power Yoga
19.45 - 21.15 Hatha Yoga & Meditation

TUESDAY 25/04

19.30 - 20.15 Online Bodyshape (via ZOOM)

WEDNESDAY 26/04

18:00 - 19:00 Pilates
19.00 - 20.30 Hatha Yoga & Meditation
20.30 - 21.15 Meditation

FRIDAY 28/04

18.15 - 19.15 Pilates
19.15 - 20.15 Power Yoga

CAFE X - DOWNSTAIRS

Free Try-Outs schedule

MONDAY 24/04

19:00 - 19:30	Illustration
19:30 - 20:00	Illustration
20:00 - 20:30	Silverclay
20:30 - 21:00	Silverclay

TUESDAY 25/04

19:00 - 19:30	Film & Editing
19:30 - 20:00	Film & Editing
20:00 - 20:30	Leatherworking
20:30 - 21:00	Leatherworking

WEDNESDAY 26/04

19:00 - 19:30	Photography
19:30 - 20:00	Photography
20:00 - 20:30	Photography
20:30 - 21:00	Photography

CAFE X - UPSTAIRS

Free Try-Outs schedule

MONDAY 24/04

21:00 - 21:30 Hip Hop

21:30 - 22:00 Hip Hop

TUESDAY 25/04

20:30 - 21:00 Percussion

21:00 - 22:00 Boomwhackers

WEDNESDAY 26/04

20:00 - 21:00 Modern Dance

21:00 - 22:00 Jazz Dance

FRIDAY 28/04

20:30 - 22:30 Open Mic

CAMPUS FARM

Free Try-Outs schedule

TUESDAY 25/04

18:00 - 18:45 Gardening

19:00 - 19:45 Gardening

COMBAT

Free Try-Outs schedule

MONDAY 24/04

19:15 - 20:45 Brazilian Jiu Jitsu
20:45 - 22:15 MMA

TUESDAY 25/04

17:30 - 19:00 Freerunning
19.00 - 20.00 Fencing

WEDNESDAY 26/04

17:00 - 18:00 Zumba

FRIDAY 28/04

17:30 - 19:00 Kickboxing

DANCE STUDIO A

Free Try-Outs schedule

TUESDAY 25/04

19.45 - 20.45 House Dance

21.00 - 22.00 House Dance

DANCE STUDIO B

Free Try-Outs schedule

TUESDAY 25/04

18:15 - 19:15 Tai Chi Yang

19:15 - 20:15 Tai Chi Chen

DOJO

Free Try-Outs schedule

MONDAY 24/04

19:45 - 20:45 Martial Fit

FRIDAY 28/04

19:15 - 20:45 Capoeira

WEDNESDAY 26/04

18:15 - 19.15 Aikido

FREETOWN FOYER

Free Try-Outs schedule

TUESDAY 25/04

19:00 - 20:00

Find your instrument Pop/Rock/Jazz

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 Pop/Rock/Jazz

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

FREETOWN OUTDOOR

Free Try-Outs schedule

MONDAY 24/04

19:00 - 21:00

Running

SPINNING

Free Try-Outs schedule

MONDAY 24/04

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

TUESDAY 25/04

17.45 - 18.45	Spinning
19.00 - 20.00	Spinning

WEDNESDAY 26/04

18.00 - 19.00	Spinning
20.00 - 21.00	Spinning

FRIDAY 28/04

08.30 - 09.30	Spinning
18.30 - 19.30	Spinning

STRENGTH

Free Try-Outs schedule

FRIDAY 28/04

10:00 - 12:00

Strength & Conditioning

THEATRE HALL

Free Try-Outs schedule

TUESDAY 25/04

19:00 - 20:00	Find your instrument Classical
20:00 - 21:00	Improvised Classical Ensemble

VR BOOTH

Free Try-Outs schedule

TUESDAY 25/04

19:00 - 19:30 VR Booth

19:30 - 20:00 VR Booth

20:00 - 20:30 VR Booth

20:30 - 21:00 VR Booth

X1

Free Try-Outs schedule

TUESDAY 25/04

17:00 - 18:00 Badminton

X3

Free Try-Outs schedule

TUESDAY 25/04

18:00 - 19:45 Freerunning

WEDNESDAY 26/04

18:00 - 19:00 Dodgeball

18:00 - 19:00 Big Unknown