

# FREE TRY-OUTS SCHEDULE





# AEROBICS

## Free Try-Outs schedule

### MONDAY 24/04

<b>08.15 - 09.00</b>	Xcore
<b>09:15 - 10:15</b>	Yogalates
<b>16.45 - 17.45</b>	Body Power
<b>18.00 - 19.00</b>	BBB
<b>19.15 - 20.15</b>	Body Power
<b>20.30 - 21.15</b>	Xcore

### TUESDAY 25/04

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

### WEDNESDAY 26/04

<b>18:00 - 19:00</b>	Body Power
<b>19.00 - 20.00</b>	Strong Nation

### FRIDAY 28/04

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

# ACT-LAB

## Free Try-Outs schedule

### TUESDAY 25/04

**18:00 - 18:45**

Writing: New Realities

**19:00 - 19:45**

Writing: New Realities

# 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

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

19:15 - 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

<b>07.30 - 08.30</b>	Spinning
<b>17.45 - 18.45</b>	Spinning
<b>19.00 - 20.00</b>	Spinning
<b>20.15 - 21.15</b>	Spinning

### TUESDAY 25/04

<b>17.45 - 18.45</b>	Spinning
<b>19.00 - 20.00</b>	Spinning

### WEDNESDAY 26/04

<b>18.00 - 19.00</b>	Spinning
<b>20.00 - 21.00</b>	Spinning

### FRIDAY 28/04

<b>08.30 - 09.30</b>	Spinning
<b>18.30 - 19.30</b>	Spinning



# STRENGTH

## Free Try-Outs schedule

**FRIDAY 28/04**

**10:00 - 12:00**

Strength & Conditioning

# THEATRE HALL

## Free Try-Outs schedule

### TUESDAY 25/04

<b>19:00 - 20:00</b>	Find your instrument Classical
<b>20:00 - 21:00</b>	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