

Global Active Lifestyle Program

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
7:00am	Jumpstart <i>Mon 4 Sep - Sat 21 Oct</i>		Jumpstart <i>Mon 4 Sep - Sat 21 Oct</i>				Cycling Thursday 28th September @3pm Friday 6th October @3pm
8:00am					Hike <i>Mon 4 Sep - Sat 21 Oct</i>	Yoga on the Grass	
9:00am		Jumpstart <i>Mon 4 Sep - Sat 21 Oct</i>		Jumpstart <i>Mon 4 Sep - Sat 21 Oct</i>			Stand-up Paddleboarding Saturday 14th October @9am & 11am Saturday 21 October @9am & 11am
12:30pm				Mindfulness <i>Mon 4 Sep - Sat 21 Oct</i>			
1:45pm							Open Play Thursday 12th October @12pm (Outdoor) Thursday 19th October @12pm (Indoor)
4:00pm			Guild Yoga <i>Mon 4 Sep - Sat 21 Oct</i>				
5:00pm	Boxing <i>Mon 4 Sep - Sat 21 Oct</i>						
7:00pm	Yoga <i>Mon 4 Sep - Sat 21 Oct</i>						

LOCATION ● Water Sports ● UWA Aquatic Centre ● UWA Fitness & Recreation Centre ● Sue Boyd Room ● Meet at UWA Fitness & Recreation Centre

Activities are correct at the time of printing and are subject to change. For more information, visit sport.uwa.edu.au