

DSC ONLINE SESSIONS

October-December 2020



WHAT?

WHERE?

SESSION TYPE

MONDAY 10AM

Weekly Challenge
Release

Shared via weekly
newsletter and Facebook

A personal weekly goal
to do at home

WEDNESDAY 4.30-5PM

Mindfulness and Yoga

Zoom

Low intensity.
Relaxation and self-love

THURSDAY 4.30-5PM

Dance

Zoom

High intensity. A range
of dance movements

FRIDAY 4.30-5PM

Quiz Time

Zoom

A fun social quiz with
rounds to suit all

SATURDAY

11-11.30AM

Multi-Sports

Zoom

Moderate intensity.
Focuses on ball skills