

DSC ONLINE SESSIONS

November 2020



WHAT?

WHERE?

SESSION TYPE

TUESDAY 4.30-5PM

Fun Fitness

Zoom

Moderate intensity. A full body workout

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