

FIRST YEAR ADVISORS

OCTOBER

WELLBEING SCHEDULE

* - Indicates registration required

WEEK 13
PRE-STUDY WEEK

MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Freeplay 9am - 12pm	Freeplay 9am - 12pm	Freeplay 9am - 12pm	Freeplay 9am - 12pm	Freeplay 9am - 12pm
Shut Up and Work* 10am - 12pm	Shut Up and Work* 10am - 12pm	Shut Up and Work* 10am - 12pm	Shut Up and Work* 10am - 12pm	Shut Up and Work* 10am - 12pm
Snack Shack 10am - 1pm	CurtinFit* 10:30am - 11:30am	Snack Shack 10am - 1pm	Snack Shack 10am - 1pm	Snack Shack 10am - 1pm
	Snack Shack 10am - 1pm	BBA Meditation* 12pm - 1pm	BoxFit* 10:30am - 11:30am	The Comfort Corner 12pm - 2pm
	Nutrition Seminar 5pm - 6pm	Yoga 101* 5pm - 6pm	The Comfort Corner* 12pm - 2pm	Yoga* 1pm - 2pm

TRY YOGA!



WEEK 14
STUDY WEEK

MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
Freeplay 9am - 12pm	Freeplay 9am - 12pm	Freeplay 9am - 12pm	Freeplay 9am - 12pm	Freeplay 9am - 12pm
Shut Up and Work* 10am - 12pm	Shut Up and Work* 10am - 12pm	Shut Up and Work* 10am - 12pm	Shut Up and Work* 10am - 12pm	Shut Up and Work* 10am - 12pm
Snack Shack 10am - 1pm	CurtinFit* 10:30am - 11:30am	Snack Shack 10am - 1pm	Snack Shack 10am - 1pm	The Comfort Corner 12pm - 2pm
	Snack Shack 10am - 1pm	BBA Meditation* 12pm - 1pm	BoxFit* 10:30am - 11:30am	Yoga* 1pm - 2pm
		Yoga 101* 5pm - 6pm	The Comfort Corner* 12pm - 2pm	

GRAB A SNACK AT THE SNACK SHACK

