

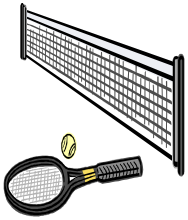


**UWI St. Augustine
Sport & Physical Education Centre (SPEC)**

ACTIVITY PROGRAMME SCHEDULE
(Commencing 14th September, 2009)

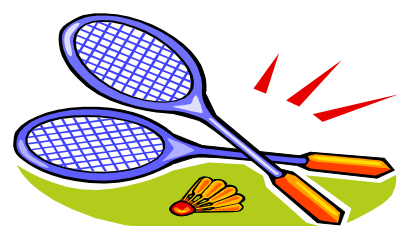


SPORT	DATES	TIME	VENUE
Aqua Aerobics	Tue. & Thur.	4.45pm - 6.00pm	UWI Swimming Pool
Badminton	Mon. & Wed.	7.30pm - 9.45pm	SPEC Indoor Court
Basketball (M)	Tue. & Wed. Thur.	5.30pm - 7.30pm 7.30pm - 9.45pm	SPEC Outdoor Court SPEC Indoor Court
Basketball (W)	Tues. & Thur.	5.30pm - 7.30pm	SPEC Outdoor Court
Cheerleading	Thur.	6.00pm - 7.30pm	SPEC Indoor Court
Core Training	Mon. & Wed.	4.30pm - 5.00pm	SPEC Indoor Court
Cricket	Mon., Tue. & Thur.	4.15pm - 7.00pm	Cricket Nets
Football (M) (Team Training)	Mon., Wed., Thur. & Sun.	4.30pm - 6.30pm	Admin Field
Football (W)(Team Training)	Mon. & Wed. Sat.	5.00pm - 7.00pm 4.30pm - 6.30pm	Admin Field Admin Field
GUADIY (Football Internal Competition)	Tues. & Thur.	4.30pm	Venue as per fixture
Futsal (Small Court Football)	Tues. & Thurs.	7.30pm - 9.30pm	SPEC Outdoor Court
Group Fitness (Staff and Students)	Mon., Wed. & Fri.	6.30am - 7.30am	SPEC Indoor Court
Group Walking (Staff)	Mon. & Wed.	12.10pm - 12.50pm	SPEC Indoor Court
Gym	Mon. - Fri.	6.15am - 9.45pm	SPEC Gym
Hockey	Mon. & Wed. & Thur.	6.30pm - 8.30pm	SPEC Outdoor Court
Karate	Mon. & Wed.	6.00pm - 7.30pm	SPEC Indoor Court
Massages (By appointment)	Mon., Tue. & Thur.	4.00pm - 6.00pm	Contact SPEC Gym
Netball	Mon. & Thur. Tue.	5.00pm - 7.00pm 6.00pm - 7.30pm	SPEC Outdoor Court SPEC Indoor Court
Spinn Classes (Staff) POWER Spinn	Mon., Wed. & Fri. Tues., Wed. & Fri.	7.00am - 8.00am 5.15pm - 6.15pm	SPEC Gym SPEC Gym
Stretch Classes	Tue. & Thur. Mon. & Wed.	12.10pm - 1.00pm 5.00pm - 6.00pm	SPEC Indoor Court SPEC Indoor Court
Swimming (Team Training)	Mon., Wed. & Fri.	7.30pm - 9.30pm	La Joya Pool
Table Tennis	Mon. & Wed.	7.30pm - 9.45pm	SPEC Indoor Court
Taebo/Aerobics	Tue. & Thur.	5.00pm - 6.00pm	SPEC Indoor Court
Taekwondo	Mon. & Wed.	6.00pm - 7.30pm	SPEC Indoor Court
Tennis	Tues., Wed., Thur. & Sat. Fri. Sun.	6.00am - 10.00pm 2.00pm - 10.00pm 6.00am - 2.00pm	UWI Tennis Courts UWI Tennis Courts UWI Tennis Courts
Track & Field	Mon., Wed. & Thur.	4.15pm - 6.15pm	Sir Frank Worrell Field
Volleyball	Mon. & Wed. Tue.	7.30pm - 9.45pm 7.45pm - 9.45pm	SPEC Outdoor Court SPEC Indoor Court



For more information contact: Ext.; 4381, 3810 & 4383

This schedule is subject to formal classes and competitions.



A SOUND MIND IN A HEALTHY BODY

