

# MAKE EVERY MOVE COUNT WORKSHOP

By **Active Health**

## SCHEDULE OF SESSIONS

### EDUCATORS (ALL SCHS)

Virtual Sessions		
• 20 July	Wednesday	2.30pm – 3.30pm
• 22 July	Friday	2.30pm – 3.30pm
• 26 July	Tuesday	2.30pm – 3.30pm
• 27 July	Wednesday	2.30pm – 3.30pm
• 28 July	Thursday	2.30pm – 3.30pm
Physical Sessions @ Singapore Sports Hub		
• 1 August	Monday	2.30pm – 3.30pm
• 2 August	Tuesday	2.30pm – 3.30pm
• 3 August	Wednesday	2.30pm – 3.30pm
• 3 August	Wednesday	3.30pm – 4.30pm
• 4 August	Thursday	2.30pm – 3.30pm
• 4 August	Thursday	3.30pm – 4.30pm
• 5 August	Friday	2.30pm – 3.30pm
• 5 August	Friday	3.30pm – 4.30pm

# MAKE EVERY MOVE COUNT WORKSHOP

By **Active Health**

## SCHEDULE OF SESSIONS

### STUDENTS (SEC SCH & JC)

Virtual Sessions		
• 20 July	Wednesday	4pm – 5pm
• 22 July	Friday	4pm – 5pm
• 26 July	Tuesday	4pm – 5pm
• 27 July	Wednesday	4pm – 5pm
• 28 July	Thursday	4pm – 5pm
Physical Sessions @ Singapore Sports Hub		
• 1 August	Monday	3.30pm – 4.30pm
• 1 August	Monday	4.30pm – 5.30pm
• 2 August	Tuesday	3.30pm – 4.30pm
• 2 August	Tuesday	4.30pm – 5.30pm
• 3 August	Wednesday	4.30pm – 5.30pm
• 4 August	Thursday	4.30pm – 5.30pm
• 5 August	Friday	4.30pm – 5.30pm