

# Time Table

## Sports & Physiotherapy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00 - 11:00	LECTURE Sports Science <small>Skill Lab Office Room 3rd Floor, Cakra Vidhya Usadha Building</small>	LECTURE Physical Health & Fitness <small>Skill Lab Office Room 3rd Floor, Cakra Vidhya Usadha Building</small>	EXCURSION Water Sport PLACE TBA	EXCURSION Sports Science PLACE TBA  NOTE: Physical attendance has to be at least 75% for all excursions
11:00 - 11:15	BREAK	BREAK		
11:15 - 13:15	LECTURE Sports of the Tropics <small>Skill Lab Office Room 3rd Floor, Cakra Vidhya Usadha Building</small>	LECTURE Bahasa, History & Culture <small>Skill Lab Office Room 3rd Floor, Cakra Vidhya Usadha Building</small>		
13:15 - 14:15	BREAK	BREAK		
14.15 - 16:15		CLASS Physical Health & Fitness GYM		

This time table is tentative and subject to change with prior notice



# Activities

## Water Sport Activities

<b>Wed, 20.04.2022</b>	Surfing	Bali Green Surf School
<b>Wed, 27.04.2022</b>	Surf Motion	Fetch Surf Camp
<b>Wed, 04.05.2022</b>	River Rafting	
<b>Fri, 06.05.2022</b>	Surfing II	Bali Green Surf School
<b>Wed, 11.05.2022</b>	Surfing III	Bali Green Surf School
<b>Fri, 13.05.2022</b>	Surfing IIII	Bali Green Surf School
<b>Wed, 18.05.2022</b>	Canyon Tour	Bali Hidden Canyon
<b>Wed, 25.05.022</b>	Visit Ocean Protection Project	Center for Marine Conservation
<b>Wed, 15.06.22</b>	Diving Theory	Nico Dive or CMC
<b>Wed, 22.06.2022</b>	Diving Pool	Nico Dive or CMC
<b>Wed, 29.06.2022</b>	Diving Open Water	Nico Dive or CMC



# Activities

## Excursions SC 22

Date	Time	Activity	Location
21.04.2022	9.30 - 11.00	Yoga I	Pranava Yoga
22.4.2022	TBA	Crossfit I	
28.04.2022	TBA	1- Day Traditional Balinese Massage Workshop	Jamu Spa School
29.04.2022	TBA	Muay Thai I	Dee May Thai
05.05.2022	9.30 - 11.00	Yoga II	Pranava Yoga
12.05.2022	TBA	Crossfit II	
19.05.2022	TBA	1-Day Traditional Healing Workshop	
26.05.2022	11.00	Movement Therapy	Pranava Yoga
16.06.2022	TBA	Trekking	
23.06.2022	TBA	Muay Thai II	Dee May Thai
30.06.2022	11.00 - 12.30	Anti Gravity Yoga	Pranava Yoga



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