

WELLBEING WEEK TIMETABLE

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8:30am Morning
Meditation - H3



8:15am Reading Space
- E2 - bring a book



8:15am Reading Space
- E2 - bring a book



8:15am Pilates -
upstairs gym



1st & 2nd Year only
8:15am Multisports
Morning - PE Hall

Gach lá am Lóin Seomra na Gaeilge - cluichí agus dathúchán aireachais - F5
Gach lá am Lóin Club Scannáin - F1

1:15pm Zumba - PE
Hall



1st Year Only
1:05pm Classroom
Karoke - H6 with
Gluais



1:05pm Mindful
Colouring - E2



1:05pm Card playing
session - G2



1:05pm Warhammer -
E4

1:15pm Bake Sale - L3



1:15pm Dance - PE
Hall



1:15pm Busk 4
Wellbeing - Dining Hall



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