



# SCHEDULE: 3-28 FEB



Event descriptions are available at [napierstudents.com/feelabfeb](http://napierstudents.com/feelabfeb)

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <p><b>03</b><br/><b>Yoga</b><br/>1-2pm @ 2.D.03 Sighthill Campus</p> <p><b>Jitsu: Try Out Session</b><br/>7-9pm @ North Merchiston Community Club</p>  | <p><b>04</b><br/><b>Smoothie Bike</b><br/>11am-2pm @ Sighthill Foyer</p> <p><b>Athletics: Try Out Session</b><br/>7-8pm @ Saughton Sports Complex (every Tuesday evening throughout Feb)</p> <p><b>Dance: Beginners Hip Hop</b><br/>6-7pm @ Boroughmuir High School</p>   | <p><b>05</b><br/><b>Spin Class</b><br/>2:30-3:30pm @ [EN]GAGE Studio Sighthill</p> <p><b>Mindfulness Drop In</b><br/>5:30-6:30pm @ G9 Merchiston Campus</p> <p><b>Cheerleading: Try Out Session</b><br/>6-7:30pm @ Boroughmuir High School</p>           | <p><b>06</b><br/><b>ENSA Info Stall</b><br/>11am-2pm @ Merchiston Foyer</p> <p><b>Dance: Beginners Jazz</b><br/>7-8pm @ Boroughmuir High School</p>   | <p><b>07</b><br/><b>Zumba</b><br/>2-3pm @ The Glassroom Merchiston Campus</p> <p><b>Jitsu: Try Out Session</b><br/>6-8pm @ North Merchiston Community Club</p>   |
| <p><b>10</b><br/><b>Campus Walk with Wellbeing Team</b><br/>12:30pm-1:30pm @ Craiglockhart Campus Foyer</p> <p><b>Zumba</b><br/>3-4pm @ The Glassroom Merchiston Campus</p>  | <p><b>11</b><br/><b>Training: Look After Your Mate</b><br/>9:30am-12:30pm @ 2.D.04 Sighthill (sign-up @ <a href="http://napierstudents.com">napierstudents.com</a>)</p> <p><b>Smoothie Bike</b><br/>11am-2pm @ Craiglockhart Foyer</p> <p><b>Athletics: Try Out Session</b><br/>7-8pm @ Saughton Sports Complex</p> | <p><b>12</b><br/><b>Campus Walk with Health in Mind</b><br/>2:30pm @ Union Canal (back of Akva)</p> <p><b>Spin Class</b><br/>2:30-3:30pm @ [EN]GAGE Studio Sighthill Campus</p> <p><b>Mindfulness Drop In</b><br/>5:30-6:30pm @ G9 Merchiston Campus</p> | <p><b>13</b><br/><b>ENSA Info Stall</b><br/>11am-2pm @ Sighthill Foyer</p> <p><b>Knitting/Crochet Session</b><br/>12-2pm @ 2.D.04 Sighthill</p>   | <p><b>14</b><br/><b>Yoga</b><br/>1-2pm @ The Glassroom Merchiston Campus</p>   |
| <p><b>17</b><br/><b>Library 'Shelf Help' Stall</b><br/>12-2pm @ Merchiston Foyer</p> <p><b>Campus Walk with Wellbeing Team</b><br/>12:30pm-1:30pm @ Craiglockhart Campus Foyer</p> <p><b>Yoga</b><br/>1-2pm @ 3.D.07 Sighthill Campus</p>                            | <p><b>18</b><br/><b>Smoothie Bike</b><br/>11am-2pm @ Merchiston Foyer</p> <p><b>Wellbeing Stall</b><br/>10am-12pm @ Sighthill Foyer<br/>1:30pm-3:30pm @ Craiglockhart Foyer</p> <p><b>Library 'Shelf Help' Stall</b><br/>12pm-2pm @ Sighthill Foyer</p>   | <p><b>19</b><br/><b>Spin Class</b><br/>2:30-3:30pm @ [EN]GAGE Studio Sighthill Campus</p> <p><b>Mindfulness Drop In</b><br/>5:30-6:30pm @ G9 Merchiston Campus</p>   | <p><b>20</b><br/><b>Wellbeing + Nightline Stalls</b><br/>10am-2pm @ Merchiston Foyer</p> <p><b>Library 'Shelf Help' Stall</b><br/>12-2pm @ Craiglockhart Foyer</p> <p><b>Managing Thoughts and Overthinking</b><br/>4-6pm @ 3.D.11 Sighthill Campus *</p>   | <p><b>21</b><br/><b>Training: Look After Your Mate</b><br/>1:30-4:30pm @ H11 Merchiston Campus (sign-up @ <a href="http://napierstudents.com">napierstudents.com</a>)</p> <p><b>Zumba</b><br/>12-1pm @ The Glassroom Merchiston Campus</p> |
| <p><b>24</b><br/><b>Campus Walk with Wellbeing Team</b><br/>12:30pm-1:30pm @ Craiglockhart</p> <p><b>Workshop: Coping at University</b><br/>4-6pm @ 3/09 Craiglockhart *</p> <p><b>Women's Hockey: Try Out Session</b><br/>6:30-7:30pm @ George Watson's College</p> | <p><b>25</b><br/><b>ENSA Info Stall</b><br/>11am-2pm @ Craiglockhart Foyer</p> <p><b>Workshop: Sleep Management</b><br/>12-2pm @ G4 Merchiston Campus *</p> <p><b>Athletics: Try Out Session</b><br/>7-8pm @ Saughton Sports Complex</p>  | <p><b>26</b><br/><b>Spin Class</b><br/>2:30-3:30pm @ [EN]GAGE Studio Sighthill Campus</p> <p><b>Mindfulness Drop In</b><br/>5:30-6:30pm @ G9 Merchiston Campus</p>   | <p><b>27</b><br/><b>Managing Thoughts and Overthinking</b><br/>11-1pm @ G23 Merchiston Campus *</p> <p><b>Self Care - Keeping Your Sh!t Together</b><br/>1-3pm @ G9 Merchiston Campus *</p> <p><b>Volleyball: Try Out Session</b><br/>8-10pm @ [EN]GAGE Sighthill</p> <p><b>Five-a-Side Football</b><br/>8-9:30pm @ Boroughmuir High School</p> | <p><b>28</b><br/><b>Yoga</b><br/>12-1pm @ 2/10 Craiglockhart Campus</p>  |

\* = sign-up required, to book a place visit [myfuture.napier.ac.uk](http://myfuture.napier.ac.uk) or for further info contact [counselling@napier.ac.uk](mailto:counselling@napier.ac.uk)

Plus free fitness classes running all week at [EN]GAGE, Sighthill with a 'Feel Fab Feb' card (grab one at any of the above events) - see [www.napier.ac.uk/engage](http://www.napier.ac.uk/engage)

