

**Shoco Wellness NOV Schedule**

<b>Tuesday</b> <b>November 5th</b> <b>12:15 - 13:45</b>	<i><b>Building My Academic Toolbox for Success:</b></i> <b>Sharpening my Study &amp; Exam</b> <b>Taking Skills for Success</b>	<b>In Zaal B</b>
<b>Wednesday</b> <b>November 6th</b> <b>6:30 - 7:30</b>	<b>Good Morning Beach Yoga</b>	<b>At Eagle Beach</b> (Meet at huts, opposite to La Quinta)
<b>Wednesday</b> <b>November 13th</b> <b>7:00 - 8:00</b>	<b>Good Morning Beach Yoga</b>	<b>At Eagle Beach</b> (Meet at huts, opposite to La Quinta)
<b>Wednesday</b> <b>November 13th</b> <b>13:30 - 15:00</b>	<i><b>Building My Academic Toolbox for Success:</b></i> <b>Sharpening my Study &amp; Exam</b> <b>Taking Skills for Success</b>	<b>In Zaal 2</b>
<b>Thursday</b> <b>November 14th</b> <b>12:15 - 13:45</b>	<i><b>Building My Academic Toolbox for Success:</b></i> <b>Stress Management and Self-Care</b>	<b>In the Aula</b>
<b>Wednesday</b> <b>November 27th</b> <b>12:15 - 13:45</b>	<i><b>Building My Academic Toolbox for Success:</b></i> <b>Decision Making &amp; Critical Thinking</b>	<b>In the Aula</b>
<b>Thursday</b> <b>November 28th</b> <b>13:30 - 15:00</b>	<i><b>Building My Academic Toolbox for Success:</b></i> <b>Stress Management and Self-Care</b>	<b>In the Aula</b>
<b>Every Tuesday</b> <b>20:00-22:00</b>	<b>U.A. Volleyball Club</b> Want more info? Whatsapp 560-6113	<b>Simeon Antonio Sports Center</b> 5 florin per person
<b>Every Wednesday</b> <b>20:00-22:00</b>	<b>U.A. Softball Club</b> Want more info? Whatsapp 560-6113	<b>Flatstone Ballpark</b> 5 florin per person
<b>Every Sunday</b> <b>10:00-12:00</b>	<b>U.A. Basketball Club</b> Want more info? Whatsapp 560-6113	<b>Parke Curason Jaburibari</b>