

NEXA SUPERHUMANS SCHEDULE*

WEEK 1

WED

4PM - 5PM

Group Cooperation

SAT

9:30AM - 11AM

Beach Walk + picnic

WEEK 2

WED

4PM - 5PM

Partner workouts

SAT

9:30AM - 11AM

Walk + morning tea

WEEK 3

WED

4PM - 5PM

Ball sports

SAT

9:30AM - 11AM

Gardening

WEEK 4

WED

4PM - 5PM

Game based challenges

SAT

9:30AM - 11AM

Picnic

WEEK 5

WED

4PM - 5PM

Dance

SAT

9:30AM - 11AM

Morning tea

WEEK 6

WED

4PM - 5PM

Team triathlon

SAT

9:30AM - 11AM

Bring a friend BBQ breakfast + sports

Wednesday's session located at NEXA gym located at the Port Adelaide Athletics Gym
Saturday's session to be held in the community

*All sessions are adaptive in nature and are able to cater to a variety of inclusive needs.

**This is an example of a typical schedule, subject to change.