

TRAIN YOUR BRAIN WEEK

Launch Event & Registrations

Sunday **2 April**

9a.m to 1p.m.

📍 Lobby, Block 16

KEY

SKILL SMART

BODY SMART

FUTURE SMART

WEEK 1 : 2 - 6 April, 2017

SUNDAY 2 APRIL	12 noon Lobby, Block 16	Hoop Challenge	
MONDAY 3 APRIL	2:00 to 4 p.m. Boardroom, Block 16	Focused Drop-In Sessions	
	6:30 to 8:30p.m. Room 008, Block 17	Virtual Examination Room Exam Techniques Revision Tips Time Management	PG STUDENTS
TUESDAY 4 APRIL	12:00 to 1:30p.m. Room 16, Block 4	Virtual Examination Room Exam Techniques Revision Tips Time Management	UG STUDENTS
	12 noon Lobby, Block 16	Judo Performance	
	1:30 to 2:30 p.m. Lab 108, Block 16	Library Sessions	
WEDNESDAY 5 APRIL	4:30 to 6:30 p.m. Lab 109, Block 16	Focused Drop-In Sessions	
	10 a.m. to 4 p.m. Lobby, Block 17	Brain Games	
THURSDAY 6 APRIL	3:00 p.m. – 3:30 p.m. Lobby, Block 16	Dance for fitness	
	10 a.m. to 4 p.m. Lobby, Block 17	Brain Games	

WEEK 2 : 9 - 13 April, 2017

SUNDAY 9 APRIL	2:30 to 4p.m. Oasis Theatre; Block 16	From Campus to Corporate Tea with the Experts!	
MONDAY 10 APRIL	2:00 to 4 p.m. Boardroom, Block 16	Focused Drop-In Sessions	
	3 p.m to 4:30 p.m. Oasis Theatre; Block 16	Virtual Examination Room Exam Techniques Revision Tips Time Management	UG & PG
TUESDAY 11 APRIL	11 a.m - 12 noon Lobby, Block 16	Fitness Movement	
	11 a.m - 12 noon Oasis Theatre, Block 16	Health Seminar	
	12 to 1:30p.m Room 16, Block 4	Vision Boarding (Where do you see yourself in a few years)	
	12 to 1 p.m. Lobby, Block 16	Zumba Open Class	
	12,45 to 1.15 pm Lobby, Block 16	CAPOEIRA	
	1 to 2 p.m. Lobby, Block 16	Combat	
	3 p.m. Dance Studio	Yoga	
WEDNESDAY 12 APRIL	4:30 to 6:30 p.m Lab 109, Block 16	Focused Drop-In Sessions	
	10 a.m. to 4 p.m. Lobby, Block 17	Brain Games	
THURSDAY 13 APRIL	10 a.m. to 4 p.m. Lobby, Block 17	Brain Games	

Note : Support Services - Room 306, Block 16 (one-to-one confidential sessions) :

*Students with special needs (email : S.Mcniiff@mdx.ac.ae)

*Pastoral care for students under 18 years (email : S.Fernandes@mdx.ac.ae/Tel. 04-3612755)