



University of
East London

Active Journey Timetable



Drop-in sessions, no RSVP required. For info or questions, email atarig2@uel.ac.uk

27/11/23 Monday	28/11/23 Tuesday	29/11/23 Wednesday	30/11/23 Thursday
12:15pm StrongHer 45min SportsDock Studio 2nd Floor	12:15pm 20min Well-being Walk Docklands Meet up point: Aqua East	12:15pm StrongHer 45min SportsDock Studio 2nd Floor	
 EAST LONDON SPORT			12:15pm 30min Mindful Movement Docklands Library Quiet space 1st floor