

# ACTIVE JOURNEY TIMETABLE



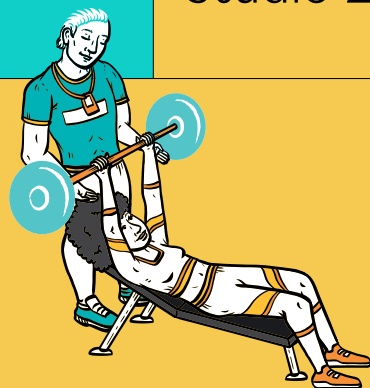
University of  
East London



Drop-in sessions, no RSVP required



	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>
TIME	12:15PM	12:15PM	12:15PM	12:15PM
SESSION	StrongHer 45min	Wellbeing Walk 25min	StrongHer 45min	Mindful Movement 30min
LOCATION	SportsDock studio 2 <sup>nd</sup> floor	Docklands meeting point: Aqua East	SportsDock studio 2 <sup>nd</sup> floor	Docklands library quite space 1 <sup>st</sup> floor



For info or questions, email [sportsdock@uel.ac.uk](mailto:sportsdock@uel.ac.uk)