



University of  
East London

# Active Journey Timetable



EAST LONDON  
SPORT

Drop-in sessions, no RSVP required. For info or questions, email [atariq2@uel.ac.uk](mailto:atariq2@uel.ac.uk)

25th September Monday	26th September Tuesday	27th September Wednesday	28th September Thursday
	<p><b>1:00pm</b> 20min Well-being Walk Docklands Meet up point: Aqua East</p>		
<p><b>1:45pm</b> StrongHer 45min SportsDock Studio 2nd Floor</p>	<p><b>1:45pm</b> 30min Mindful Movement SportsDock cafeteria</p>	<p><b>12:45pm</b> StrongHer 45min SportsDock Studio 2nd Floor</p>	
		<p><b>2:00pm</b> 20min Well-being Walk Docklands Meet up point: Aqua East</p>	<p><b>2:00pm</b> 30min Mindful Movement Stratford Library SL.1.03</p>