




University of  
East London

# Active Journey Timetable



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

<b>16/10/23 Monday</b>	<b>17/10/23 Tuesday</b>	<b>18/10/23 Wednesday</b>	<b>19/10/23 Thursday</b>
		<p><b>12:45pm StrongHer 45min SportsDock Studio 2nd Floor</b></p>	
<p><b>1:45pm StrongHer 45min SportsDock Studio 2nd Floor</b></p>	<p><b>1:00pm 20min Well-being Walk Docklands Meet up point: Aqua East</b></p>		
 EAST LONDON <b>S P O R T</b>			<p><b>2:00pm 30min Mindful Movement (takes place bi-weekly)</b></p> <p><b>Docklands Library Quiet space 1st floor</b></p>