




Active Journey Timetable



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

23/10/23 Monday	24/10/23 Tuesday	25/10/23 Wednesday	26/10/23 Thursday
<p>12:15pm StrongHer 30min SportsDock Studio 2nd Floor</p>		<p>12:15pm StrongHer 30min SportsDock Studio 2nd Floor</p>	
	<p>12:15pm 20min Well-being Walk Docklands Meet up point: Aqua East</p>		<p>12:15pm 30min Mindful Movement Stratford Library SL.1.05</p>
 <p>EAST LONDON SPORT</p>			<p>4-6pm Active Campus Celebration</p> <p>Docklands Campus Main Square</p>