




Active Journey Timetable



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

31/10/23 Monday	1/11/23 Tuesday	2/11/23 Wednesday	3/11/23 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 Docklands Library Quiet space 1st floor</p>
 EAST LONDON SPORT			