




Active Journey Timetable



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

6/11/23 Monday	7/11/23 Tuesday	8/11/23 Wednesday	9/11/23 Thursday
<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 StrongHer 30min SportsDock Studio 2nd Floor</p>	<p>12:15pm 30min Mindful Movement Docklands Library Quiet space 1st floor</p>
	<p>1pm 20min Well-being Walk Docklands Meet up point: Aqua East</p>		
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