




Active Journey Timetable



Drop-in sessions, no RSVP required. For info or questions, email atariq2@uel.ac.uk

9/10/23 Monday	10/10/23 Tuesday World Mental Health Day	11/10/23 Wednesday	12/10/23 Thursday
	<p>12-1pm Gardening session UEL Community Garden, between Marley & Redbridge</p>	<p>12:30pm Black History Month Soca dance class</p> <p>Stratford The great hall UH.1.15</p>	
<p>1:45pm StrongHer 45min SportsDock Studio 2nd Floor</p>	<p>12pm Pilates SportsDock Studio 2nd floor</p>	<p>12:45pm StrongHer 45min SportsDock Studio 2nd Floor</p>	
 EAST LONDON S P O R T	<p>1:00pm 20min Well-being Walk Docklands Meet up point: Aqua East</p> <hr style="border-top: 1px dashed black;"/> <p>1:30-3pm Tea & Talk (Sportsdock cafeteria)</p>		<p>2:00pm 30min Mindful Movement (takes place bi-weekly)</p> <p>Stratford Library SL.1.04</p>