

ACTIVE JOURNEY TIMETABLE

WELLBEING WEEK



University of
East London



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12:15PM	StrongHer 30 min SportsDock studio 2nd floor	Wellbeing Walk 20min Docklands Campus Aqua East	StrongHer 30min SportsDock studio 2nd floor Well-being Walk 20min Waterlane Campus Main Reception	Mindful Movement 20min Docklands Library Quiet Space 1st Floor
1:15PM			Mindful Movement 20min Stratford Library	Sleep workshop 30min The Lounge
1:30PM	Meditation 20min The Lounge	Nutrition workshop 30min The Lounge		
2PM			Mobility Flow 45min SportsDock studio 2nd floor	
2:15PM				Health Checks Drop-in SportsDock Cafeteria



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

