

BeActive Staff Timetable

Starts w/c 9 January 2023

Denmark Hill

Yoga REJUVENATE	Monday
WEC Gym 17:30 - 18:30	
BoxFit SWEAT	Tuesday
KCLSU 12:15 - 13:15	
Yoga REJUVENATE	Wednesday
KCLSU 12:00 - 13:00	
Badminton PLAY	Thursday
WEC Gym 17:00 - 18:30	
Staff Football PLAY	Thursday
Brixton Rec 18:00 - 19:20	

Guy's

Yoga REJUVENATE	Tuesday
KCLSU Guy's Activity Room ? 08:00 - 09:00	
Pilates REJUVENATE	Thursday
KCLSU Guy's Activity Room 1 12:15 - 13:15	
Yoga REJUVENATE	Friday
KCLSU Guy's Activity Room 1 08:15 - 09:00	
Gardening LEARN	
London Bridge King's Community Garden 13:00 - 14:00	
OpenGym London Bridge SWEAT	
London Bridge Gym 14:00 - 16:00	

Strand

Pilates REJUVENATE	Monday
Strand Gym Studio 1 08:30 - 09:30	
Yoga REJUVENATE	Tuesday
Strand Gym Studio 2 13:00 - 14:00	
Yoga REJUVENATE	Tuesday
Strand Gym Studio 2 17:15 - 18:15	
Pilates REJUVENATE	Wednesday
Strand Gym Studio 2 13:00 - 14:00	
Hatha Yoga REJUVENATE	Thursday
Strand Gym Studio 2 08:00 - 09:00	
OpenGym Strand SWEAT	Friday
Strand Gym 14:00 - 16:00	
Pilates REJUVENATE	Friday
Strand Gym Studio 2 17:30 - 18:30	

Waterloo

Staff Football PLAY	Wednesday
Archbishop Park 17:00 - 18:00	

Go to kcl.ac.uk/beactive to book your activities & find the most up to date timetable, as it's always changing!

**KING'S
SPORT &
WELLNESS**