

BeActive Staff Timetable

Term 3 Timetable: 28 April - 1 June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga (Staff Only) 13:00-14:00 King's Sport & Wellness Strand gym, Studio 2	Salsa (Staff Only) 13:30-14:30 King's Sport & Wellness Strand gym, Studio 1	Pilates 12:00 - 13:00 KCLSU IoPPN, Denmark Hill	Holistic Yoga 12:00 - 13:00 WEC Gym Room, Denmark Hill	Yoga (Staff Only) 08:00-09:00 King's Sport & Wellness London Bridge gym
	Staff Tennis (Staff Only) 17:00-18:00 Archbishop Park	Yoga (Staff Only) 13:00-13:45 King's Sport & Wellness Strand gym, Studio 2	Football (Staff Only) 18:00-19:00 Brixton Rec	
	Badminton 17:30-18:30 WEC Gym Room, Denmark Hill	Football (Staff Only) 17:00 - 18:00 Archbishop Park	Salsa (Staff Only) 17:15-18:15 King's Sport & Wellness Centre, Waterloo	
		Lavington Street Run Club (Staff Only) 17:30-18:30 Lavington Street	Squash 19:00-20:00 Southbank Club	
			Squash 20:00-21:00 Southbank Club	

Booking is essential, [click here](#) to secure your place.
All sessions are bookable 5 days in advance.

**KING'S SPORT
& WELLNESS**