

BeActive Staff Timetable

Starts w/c 13 January 2025

Go to kcl.ac.uk/beactive to book your activities & find the most up to date timetable, as it's always changing! Don't forget to follow us on instagram @beactive.kcl to stay up to date!

Monday

Yoga

King's Sport & Wellness
Strand Gym Studio 2 13:00 - 14:00

Zumba

Denmark Hill, WEC Gym
Room 17:30 - 18:30

Tuesday

Salsa

King's Sport & Wellness
Strand Gym Studio 1 13:30 - 14:30

Staff Tennis

Archbishop Park 17:00 - 18:00

Badminton

Denmark Hill
WEC gym room 17:30-18:30

Wednesday

Pilates

Denmark Hill IoPPN SU 12:00 - 13:00

Yoga

King's Sport & Wellness
Strand Gym Studio 2 13:00 - 13:45

Football

Archbishop Park 17:00 - 18:00

King's Staff Runners

Kings Sport & Wellness
Centre, Waterloo 17:30 - 18:30

Thursday

Holistic Yoga

Denmark Hill, Seminar Room 2,
David Goldberg Centre 12:45 - 13:45

Staff Tennis

Archbishop Park 17:00 - 18:00

Football

Brixton Rec 18:00 - 19:00

Squash

Southbank Club 19:00 - 20:00

Friday

Yoga

King's Sport & Wellness
London Bridge Gym Studio 08:00 - 09:00

Highlighted sessions are available to both Staff & Students.