## BeActive Timetable
### Academic Year 2019/20

### Monday
- **HIIT Yoga**  
  [SWEAT]  
  Guy's Activity Room 1  12:00 - 12:30
- **Vinyasa Yoga**  
  [REJUVENATE]  
  Strand Gym Studio 2  12:00 - 13:00
- **Zumba**  
  [DANCE]  
  Strand Activ. Room C  13:00 - 14:00
- **Ping Pong**  
  [PLAY]  
  Strand Gym Studio 1  13:00 - 14:00
- **Pilates**  
  [REJUVENATE]  
  GDSA  18:00 - 20:00
- **Men's Basketball**  
  [PLAY]  
  The Castle Centre  19:00 - 20:00
- **Contemporary Dance**  
  [DANCE]  
  Waterloo Gym Studio  19:30 - 20:30

### Tuesday
- **Beginner's Yoga**  
  [REJUVENATE]  
  Strand Gym Studio 2  07:30 - 08:00
- **Dance Fitness**  
  [DANCE]  
  Waterloo Gym Studio  09:00 - 10:00
- **Vinyasa Yoga**  
  [REJUVENATE]  
  GDSA  10:00 - 11:00
- **Pilates**  
  [REJUVENATE]  
  Guy's Activity Room 1  13:00 - 14:00
- **Circus Skills**  
  [LEARN]  
  WEC Gym Room  12:00 - 13:00
- **Pilates**  
  [REJUVENATE]  
  GDSA  18:00 - 20:00
- **Dance Hall**  
  [DANCE]  
  Strand Gym Studio 2  14:00 - 15:00
- **Volleyball**  
  [PLAY]  
  The Castle Centre  15:30 - 17:00
- **02 Touch Rugby**  
  [PLAY]  
  Tabard Gardens  17:00 - 18:00
- **Sweat Box Stretch**  
  [SWEAT]  
  GDSA  17:30 - 18:30
- **Ping Pong**  
  [PLAY]  
  WEC Gym Room  18:00 - 19:00

### Wednesday
- **Pilates**  
  [REJUVENATE]  
  Guy's Activity Room 1  12:00 - 13:00
- **Tennis**  
  [PLAY]  
  Geraldine Mary H.  13:00 - 15:00
- **Women's Basketball**  
  [PLAY]  
  London Thunder  14:00 - 16:00
- **Badminton**  
  [PLAY]  
  The Castle Centre  14:00 - 16:00
- **Netball**  
  [PLAY]  
  Geraldine Mary H.  15:00 - 17:00
- **Beginner's Salsa**  
  [LEARN]  
  Strand Gym Studio 2  15:00 - 16:00
- **Salsa**  
  [DANCE]  
  Strand Gym Studio 2  16:00 - 17:00
- **Boxfit**  
  [SWEAT]  
  Tabard Gardens  17:00 - 18:00
- **Yoga**  
  [REJUVENATE]  
  The Hilton  17:30 - 18:30

### Thursday
- **Wake Up Yoga**  
  [REJUVENATE]  
  Wolfson House  07:30 - 08:30
- **Inversion Yoga**  
  [LEARN]  
  Strand Gym Studio 2  11:00 - 11:30
- **Boxfit**  
  [SWEAT]  
  Strand Gym Studio 1  13:00 - 14:00
- **Dance Fitness**  
  [DANCE]  
  Strand Gym Studio 2  14:00 - 15:00
- **Stretch & Flow**  
  [REJUVENATE]  
  Waterloo Gym Studio  14:00 - 15:00
- **02 Touch Rugby**  
  [PLAY]  
  Tabard Gardens  17:00 - 18:00
- **Vinyasa Yoga**  
  [REJUVENATE]  
  Angel Lane  17:30 - 18:30
- **Yoga**  
  [REJUVENATE]  
  The Hilton  17:30 - 18:30

### Friday
- **Wake Up Yoga**  
  [REJUVENATE]  
  GDSA  07:30 - 08:30
- **Street Dance**  
  [DANCE]  
  Waterloo Gym Studio  11:00 - 12:00
- **Dynamic Flow Yoga**  
  [SWEAT]  
  Guy's Activity Room 1  12:30 - 13:30
- **Yoga**  
  [REJUVENATE]  
  Waterloo Gym Studio  13:30 - 14:30
- **Open Gym**  
  [SWEAT]  
  London Bridge Gym  14:00 - 16:00
- **Open Gym**  
  [SWEAT]  
  Strand Gym  14:00 - 16:00
- **Boxfit**  
  [SWEAT]  
  Angel Lane  17:00 - 18:00

### Saturday
- **Dance Fitness**  
  [DANCE]  
  London Bridge Gym  10:00 - 11:00
- **Football**  
  [PLAY]  
  Geraldine Mary H.  13:00 - 15:00
- **Badminton**  
  [PLAY]  
  The Castle Centre  14:30 - 16:30
- **Football**  
  [PLAY]  
  The Castle Centre  19:00 - 20:00

### ALL activities are free for King's Residents!