

# BeActive Student Timetable

Term 1: 23 September - 1 December 2024

Go to [kcl.ac.uk/beactive](https://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](https://www.instagram.com/beactive.kcl). up to date!

## Monday

### Cardio Tennis

Geraldine Mary Harmsworth Park 12:00 - 14:00

### Climbing

The Font, Borough 14:00 - 15:30

### Pickleball

Borough Academy 17:00 - 18:30

### Zumba

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

### Men's Basketball

The Castle Centre 18:00 - 19:30

### Women's Basketball

The Castle Centre 18:00 - 19:30

### Pole

King's Sport & Wellness Centre Waterloo, Studio 18:30 - 19:30

### Women's Only Swim

The Castle Centre 20:00 - 21:00

## Tuesday

### Kingsrox Functional Fitness

King's Sport & Wellness Centre Waterloo 12:00 - 13:00

### Volleyball

The Castle Centre 14:30 - 16:00

### Volleyball

The Castle Centre 16:00 - 17:30

### Men's Basketball

The Black Prince Trust 17:00 - 18:00

### Badminton

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

### King's Runners

Kings Sport & Wellness Strand Gym 18:30 - 19:30

## Wednesday

### Badminton

The Castle Centre 11:00 - 12:00

### Badminton

The Castle Centre 12:00 - 13:00

### Tennis

Kennington Park 12:00 - 13:00

### Pilates

Denmark Hill IoPPN SU 12:00 - 13:00

### Tennis

Kennington Park 13:00 - 15:00

### Salsa

King's Sport & Wellness Centre Waterloo, Studio 13:00 - 15:00

### 5-A-Side Football

Geraldine Mary Harmsworth Park 14:00 - 16:00

### Netball

Geraldine Mary Harmsworth Park 15:30 - 17:30

### Women's Football

Geraldine Mary Harmsworth Park 16:00 - 18:00

## Thursday

### Holistic Yoga

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

### Open Swim

The Castle Centre 15:00 - 16:00

### Pole

King's Sport & Wellness Centre Waterloo, Studio 18:30 - 19:30

### Volleyball

The Castle Centre 18:30 - 20:00

### Volleyball

The Castle Centre 20:00 - 21:30

## Friday

### K Pop Dance

King's Sport & Wellness Centre Waterloo, Studio 16:00 - 17:30

### Ultimate Frisbee

Borough Academy 17:00 - 18:00

## Saturday

### Open Tennis

Geraldine Mary Harmsworth Park 14:00 - 16:00

### Badminton

The Castle Centre 15:30 - 17:30

### Badminton

The Castle Centre 15:30 - 16:30

### Badminton

The Castle Centre 16:30 - 17:30

## Sunday

### Touch Rugby

Chiswick Rugby Football Club 15:00 - 16:00

Full list of our Venue addresses can be found on our webpage.

# KING'S SPORT & WELLNESS