

# Move Your Mind: Festive Support

Stay active over the festive period with one of our online classes and join our exclusive King's Move challenges to get bonus points!

If you are feeling slightly disconnected, in need of tips and guidance on self-care or just fancy a chat with peers, join one of King's Sports Mental Health First Aid trained team, for 'Connect with Wellness'

## Monday

21st Dec **Christmas Pilates**  
Lauren 10:30 - 11:30

28th Dec **Connect with Wellness**  
Laura 12:00 - 13:00

## Tuesday

22nd Dec **Connect with Wellness**  
Vuong 18:00 - 19:00

29th Dec **Christmas Pilates**  
Lauren 10:30 - 11:30

## Wednesday

23rd Dec **Christmas Yoga**  
Britt 10:30 - 11:30

30th Dec **Connect with Wellness**  
Shaun 18:00 - 19:00

## Thursday

24th Dec **Connect with Wellness**  
Vuong 12:00 - 13:00

31st Dec **Santa Bootscamp**  
Rob 10:30 - 11:30

## Friday

25th Dec **Christmas Day Walk**  
King's Move Challenge

1st Jan **New Years Day**  
King's Move Challenge

## Saturday

26th Dec **Boxing Day Run(or Dip!)**  
King's Move Challenge