

Resi Sport & Wellness Timetable

Term 2 starts w/c 13 January 2025

Monday

Mind & Body Club: Pilates

GDSA 17:30 - 18:30

Mind & Body Club: Yoga

City Vine 18:00 - 19:00

Mind & Body Club: Yoga

Angel Lane 18:00 - 19:00

Mind & Body Club: Yoga

Canada Water 18:00 - 19:00

Tuesday

Dance Club: Contemporary Jazz

All Halls 17:00 - 18:00

Mind & Body Club: Pilates

Hayloft Point 17:30 - 18:30

Mind & Body Club: Yoga

Vauxhall 18:00 - 19:00

Mind & Body Club: Yoga

Moonraker 18:00 - 19:00

Wednesday

Fitness Club: Body Conditioning

All Halls 12:15 - 13:00

Mind & Body Club: Yoga

SSA, City, Vauxhall 13:30 - 14:30

Mind & Body Club: Pilates

Atlas 14:00 - 15:00

Mind & Body Club: Pilates

City 16:00 - 17:00

Mind & Body Club: Yoga

Battersea 17:30 - 18:30

Thursday

Mind & Body Club: Pilates

Juliam Markham 16:00 - 17:00

Mind & Body Club: Yoga

OLIB & Wolfson House 17:00 - 18:00

Mind & Body Club: Pilates

Vauxhall 17:30 - 18:30

Sports Club: Badminton

All Halls 17:30 - 19:00

Saturday

Resi Run Club

All Halls 10:00 - 11:00

All sessions completely **FREE!** Booking is essential [click here](#) to secure your place at an up and coming Resi Sport & Wellness session.
All sessions are bookable 5 days in advance.