

Resi Sport & Wellness Timetable

Term 1 starts w/c 23 September 2024

Monday

Mind & Body Club: Yoga

City 17:30 - 18:30

Mind & Body Club: Yoga

Moonraker Point 17:30 - 18:30

Mind & Body Club: Pilates

GDSA 17:30 - 18:30

Mind & Body Club: Yoga

Angel Lane 18:00 - 19:00

Tuesday

Dance Club: Hip Hop Foundations

All Halls 17:15 - 18:00

Mind & Body Club: Pilates

Hayloft Point 17:30 - 18:30

Mind & Body Club: Yoga

Vauxhall 18:00 - 19:00

Wednesday

Mind & Body Club: Pilates

Atlas 14:00 - 15:00

Mind & Body Club: Yoga

SSA 15:30 - 16:30

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 18:00 - 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 2 weeks in advance.