

Healthy Campus and Wellbeing Week – Timetable

March 6th – 10th

Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	All Week
Peace of Mind Stand (11-2)	Fruit Drops (All-Day)	Student Wellbeing Stand (10-2)	Smoothie Stand (7-10)	Smoothie Stand (7-10)	QUAD Healthy Menu
Laughter for Wellbeing - Cancelled (12.30-1)	Student Wellbeing Stand (10-2)	Body MOT for Staff (9.30-1)	Student Wellbeing Stand (10-2)	Free Health Checks (9.30-3.30)	Walk/Cycle to Work (competition)
Fitball (12.30-1)	BHSF Stand (10-2)	Quit 51 Stop Smoking Service (11-2)	Lincolnshire Eating Disorder Service (10-2)	Reflexology Taster (Fully Booked)	UoL 10K Team
Fit Where you Sit - Bitesize (1-1.45)	Addaction Stand (10-2)	Dental Hygiene Stand (11-2)	Back Care Talk (12-12.30)	Lincolnshire Sexual Health Service (11-2)	Virgin Pulse Global Challenge
Yoga (5.30-6.30)	Halfords Bike Checks (10-3.30)	Free Yoga Class (12.30-1.15)	Meditation for All (12-1)	HIIT Attack (12.30-1.15)	Library Recharge Room
Spinning (6-6.45)	Relaxation Workshop (12-1)	Walk & Talk (Nature Walk) (12-1)	Body Sculpt (12.30-1.15)	Kettlecise (5-5.45)	Wellpoint Machine
HIIT Attack (6.30-7.15)	Body Conditioning (12.30-1)	Boxercise (12.30-1.15)	Nourishment for Your Mind, Body and Soul - Bitesize (1-2)	Circuit Training (5-6)	

Zumba (7.30-8.15)	Emotional Fitness Workshop - Bitesize (1-2)	Improving Posture & Moving Well - Bitesize (1-2)	Smash up Badminton (4-5)
	Functional Circuits (5.30-6.15)	Social Basketball (5-6)	Fitness Pilates (5.30-6.15)
	Racket Night (6-7)	Circuits (5.30-6.15)	Choir Rehearsals (6.30-7.45)
	Social Football (6-7)	Spinning (6.15-7)	Legs, Bums & Tums (6.30-7.15)
	Boxercise (6.30-7.15)	Cardio Core (6.30-7.15)	Spinning (6.30-7.15)
Legs, Bums & Tums (6.30-7.15)	Legs, Bums & Tums (6.30-7.15)	Clubbercise (7.15-8)	Boxercise (7.30-8.15)
	Spinning (6.45-7.30)		Zumba (7.30-8.15)
			Social Netball (3-5)

---- Paid activities