

# Health and Wellbeing Week

## Monday 27th January - Friday 31st January 2020

### Monday:

Boxing 12:00 -13:00 (WDG10)

### Tuesday:

Football 10:30 -11:30 (Powerleague, Wembley)

Mindfulness 13:00 - 14:00 (WDG10)

### Wednesday:

Circuit Training 10:00 -11:00 (WDG02)

Multi Sports 11:00 -12:00 (WDG02)

Football / Basketball 12:00 - 13:00 (Muga)

Dance 12:00 - 13:00 (WDG02)

### Thursday:

Dodgeball 10:00 -11:00 (WDG02)

Bounceathon to Music 11:00 -12:00 (WDG02)

Multi Sports 12:00 - 13:00 (Muga)

### Friday:

Yoga 12:30 -13:30 (PC707 Wembley Park)

Mindfulness 13:30 - 14:30 (PC707 Wembley Park)

Basketball / Football 12:00 -13:00 (Muga)

Dance 12:00 -13:00 (WDG02)

For more information please contact:

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