

# PRE-REGISTER FOR EVENTS!

**14<sup>th</sup>  
October**

## **Physio Session for Active Travellers with UOM Sport**

**9:15 - 10:15 AM** Individual appointments - Room 5.209,  
University Place

**12:30 - 13:15 PM** Group session: *Give Your Back Some Slack!*  
- Room 5.209, University Place

**14:00 - 15:00 PM** Individual Appointments - Room 5.204,  
University Place

Book [here](#)



**14<sup>th</sup>  
October**

## **Group Run (5k) From Brunswick Park**

**12:00 - 13:00PM**

Jogging/ Running pace

Book [here](#)



**15<sup>th</sup>  
October**

## **45 Minute Group Cycling Rides From Brunswick Park**

Riders required to bring their own bikes.

Helmets recommended but not compulsory.

**12:00 - 12:45PM** - Book [here](#)

**13:30 - 14:15PM** - Book [here](#)

Link to [Route](#)



**16<sup>th</sup>  
October**

## **Group Yoga For Active Travellers**

**14:00 - 15:00PM**

The Wellbeing Room (G.66), Simon Building

Book [here](#)



**16<sup>th</sup>  
October**

## **Group Run (5 - 8km) From Denmark Road Sports Centre**

**12:00 - 13:00PM**

Steady pace

Book [here](#)

