



Wobble Week

28th Oct - 1st Nov

If you require a different version of this timetable in order to make it accessible to you, please contact studentengagement@stmarys.ac.uk

Monday

Les Mills: Grit Cardio
Dance Studio
08:00-08:30

15 Min Library Skills: Find What You Need!
H102
10:00-10:15

British Sign Language: Taster!
G1
12:00-12:45

Chai & Chat: Race Equity Network
1850
12:00-13:00

Les Mills: Ab Blast
Dance Studio
12:30-12:45

Library Tour
Hub, Library
12:30-13:00

Campus Tour
Main Reception
13:00-14:00

Mood Board Making
Pool Room
13:00-15:00

Free Massage
Sign up live, or message rehabclinic@stmarys.ac.uk to book your 30-min slot!
R45, Rehab Clinic
13:30-18:00

Make Aroma-Dough!
L1
15:00-17:00

15 Min Library Skills: Referencing
Zoom
16:00-16:15

New Friends, No Stress
Play some games & make new connections that last!
The 1850 Snug
16:00-17:00

Clubbercise
Fitness meets clubbing!
Dance Studio
16:00-17:00

Hall Stars: Basketball
Commuters also welcome!
Performance Hall
17:00-19:00

Les Mills: Body Balance
Dance Studio
17:30-18:15

Spooky Castle Tour
[Glass of bubbly and a halloween tour. Sign up!](#)

Strawberry Hill House
18:00 start
Karaoke Night
1850 Bar
20:00-23:00

Tuesday

Les Mills: Yoga
Dance Studio
08:00-08:20

Richmond Park Walk
Meet at SMSU
07:45-11:00

15 Min Library Skills: Find What You Need!
Zoom
10:00-10:15

15 Min Library Skills: Referencing
H102
11:00-11:15

Nutritious Minds: Sound bath healing & meditation
Release stress and find deep relaxation and peace

Dance Studio
11:00-12:00

Nutritious Minds: Nutrition for Brain Health
Learn tips from ADHD expert Dr Rachel Gow.

Dance Studio
12:00-12:30

Nutritious Minds: Get more joy in your life!
Navigate the ups & downs with laughter, & movement

Dance Studio
12:30-13:30

Academic Skills Drop In!
Library Hub
12:00-13:00

Safe Space
Drop-in with Student Services, the Community Safety Partnership, & Off the Record!
DV Cafe
12:30-14:00

Beyond the Pages: Read and Chat!
Hub, Library
14:00-14:30

Pumpkin Carving
The 1850 Loft
14:00-16:00

Simmie Girls: Cricket!
Performance Hall
16:00-17:00

Reprezent Health
PEC
16:00-18:00

SIMMSactive Badminton
Tennis Centre
17:00-18:00

Castle Self-Care & Gift Making [Sign-up!](#)
Strawberry Hill House
17:00-18:30

Games Night
1850 Bar
19:00-23:00

Wednesday

Les Mills: Body Attack
Dance Studio
08:00-08:30

Nature Walk: Twickenham
Discover your local environment!
Main Reception
10:00-12:00

Postgrad Coffee Morning
1850 Snug
10:00-11:00

Academic Skills Drop-In (Online)
[Join here!](#)
Online
11:00-12:00

Student Advice on Wobbles
Hear from other students on their wobbles & how they've overcome them!
E204
11:00-12:00

15 Min Library Skills: Find What You Need!
H102
11:30-11:45

Home Comforts Menu
Enjoy the special Ref menu today with Nigerian lamb curry, jollof rice, & apple crumble with custard.

Ref
11:45-14:00

Wellbeing Wednesday
Student Services
12:00-12:30

Les Mills: Ab Blast
Dance Studio
12:30-12:45

Game Day!
Support St Mary's sports clubs as they take on other University's in this week's matches!

Sport St Mary's
14:00 onwards

Chill Study Zone
Stop by this sensory friendly space to study, relax and enter to win a Study Survival Pack!

H102
14:00-16:00

Online Tea & Chat
Zoom
15:00-16:00

Les Mills: Body Pump
Dance Studio
17:30-18:15

Thursday

Les Mills: Grit Strength
Dance Studio
08:00-08:30

Careers Pop-Up
Looking for a job, an internship, or mentoring? Come chat with careers!
DV
11:00-12:00

Battling Academic Overwhelm & Time Management
Come and have a chat with the Student Success team, who can help motivate and get you back on track!
F4
11:00-12:00

Hot Chocolate & Send a letter home!
Have free hot chocolate & write a letter home - stamps on us!
Chaplaincy
11:00-13:00

Commuter Social
Commuter Lounge
12:00-15:00

Les Mills: Body Balance
Dance Studio
12:30-13:15

Portable Mental Health Quiz
Win prizes with the mental health quiz!
Shannon Corridor
13:00-14:00

Free Massage
Sign up live, or message rehabclinic@stmarys.ac.uk to book your 30-min slot!
R45, Rehab Clinic
13:30-17:00

LGBTQ+ Poetry Hour
The 1850 Loft
14:00-15:00

Brew at 2!
Outside K11
14:00-15:00

International Social
The 1850
15:00-17:00

Hang Out & Paint
K17
16:00-18:00

SIMMSactive Netball
Tennis Centre
17:00-18:00

Active for all!
Tennis Centre
17:00-18:00

Pub Quiz
1850
20:00-23:00

Friday

Les Mills: Body Pump
Dance Studio
08:00-08:30

Free Massage
Sign up live, or message rehabclinic@stmarys.ac.uk to book your 30-min slot!
R45, Rehab Clinic
09:00-13:00

15 Min Library Skills: Find What You Need!
Zoom
10:00-10:15

Let's Get Crafty!
Make fortune cookies & beaded bookmarks!
Hub, Library
10:30-12:00

Slice of Success
Join your Inclusion VP and make some pizza!
L1
11:00-13:00

Adults don't play enough!
You don't need to be a drama student to play some drama games!
Drama Studio 2
12:00-14:00

Chill Study Zone
Stop by this sensory friendly space to study, relax and enter to win a Study Survival Pack!
H102
13:00-15:00

15 Min Library Skills: Referencing
H102
13:30-13:45

Library Tour
Hub, Library
13:30-14:00

Sip & Paint
Have a free glass of bubbly and paint a mini canvas!
1850 Pool Room
14:00-16:00

Let's Get Crafty!
Make fortune cookies & beaded bookmarks!
Hub, Library
15:00-16:30

My Black History
Join us as we celebrate our black students and staff!

The 1850
17:00-18:00

Reprezent Health
PEC
16:00-18:00

Monster Mash
Halloween club night!
The 1850
21:00-01:00

