

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



St Mary's
University
Twickenham
London



St Mary's
University
Students'
Union