

**/All activities are free and open to City workers and Business Healthy Challenge participants/**

**WEEK COMMENCING 29 APRIL 2019**

- **Wednesday 1 May**  
**Lunchtime Bootcamp/ 12-12:45pm/ Nomura (EC4R 3AB)**  
Command power, strength and agility in this full body workout, delivered outdoors come wind, rain or shine. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com).
- **Friday 3 May**  
**Lunchtime Bootcamp/ 1-1:45pm/ Nomura (EC4R 3AB)**  
Command power, strength and agility in this full body workout, delivered outdoors come wind, rain or shine. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com).

**WEEK COMMENCING 6 MAY 2019**

- **Tuesday 7 May**  
**Run Club/ 12-1pm/ Nomura (EC4R 3AB)**  
Stretch your legs and come for a lunchtime run. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com).
- **Wednesday 8 May**  
**Dragon Café in the City/ 12-7:30pm/ Shoe Lane Library (EC4A 3JR)**  
Dragon Café in the City offers an open and free space for City workers to release the pressure and take a break from their busy daily routines. A range of free activities are on offer, including 15-minute massage, chess strategy workshops, calligraphy, mindfulness, yoga and more. No need to register, just drop in. A full programme is available [here](#).
- **Wednesday 8 May**  
**Lunchtime Bootcamp/ 12-12:45pm/ Nomura (EC4R 3AB)**  
Command power, strength and agility in this full body workout, delivered outdoors come wind, rain or shine. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)
- **Wednesday 8 May**  
**Barre Masterclass/ 10:45-11:30am/ Nomura (EC4R 3AB)**  
Sculpt and stretch your entire body through this mix of Pilates, dance, yoga and functional training. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)
- **Friday 10 May**  
**Lunchtime Bootcamp/ 1-1:45pm/ Nomura (EC4R 3AB)**  
Command power, strength and agility in this full body workout, delivered outdoors come wind, rain or shine. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)

## WEEK COMMENCING 13 MAY 2019

- **Monday 13 May (until Saturday 25 May)**  
**“Let’s Talk” Exhibition/ Guildhall Yard (EC2V 5AA)**  
Let’s Talk is a campaign that aims to spark conversations about mental health. By drawing people’s most difficult thoughts on their faces and capturing this moving depiction, photographer Charlie Cliff and lettering artist Kate Forrester hope to inspire others to open up about their own mental health. Everyone featured in the project has struggled with mental ill health and the hand-painted words on each face are unique to the experiences of that person.
- **Tuesday 14 May**  
**Lunchtime walk: “Discover the City’s historic Guildhall and Bishopsgate”/ 1-1:45pm/ Start and end at Guildhall Art Gallery (EC2V 5AE)**  
This is a short, circular walk through the heart of the City of London. Hosted by the Active City Network and Ramblers
- **Tuesday 14 May**  
**Run Club/ 12-1pm/ Nomura (EC4R 3AB)**  
Stretch your legs and come for a lunchtime run. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)
- **Tuesday 14 May**  
**Evening walk: “Discover the City’s riverside”/ 5:15-6:15pm/ Start and end at St Paul’s Cathedral Gardens (northern side)**  
This walk takes in the River Thames, south of St. Paul’s and covers both the north and south banks and River Thames paths. Hosted by the Active City Network and Living Streets
- **Wednesday 15 May**  
**Lunchtime Bootcamp/ 12-12:45pm/ Nomura (EC4R 3AB)**  
Command power, strength and agility in this full body workout, delivered outdoors come wind, rain or shine. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)
- **Thursday 16 May**  
**Lunchtime walk: “Discover Smithfield”/ 1-1:45pm/ Start and end at West Smithfield Park (EC1A)**  
A short walk around the ancient and interesting City institutions located in the area. Hosted by the Active City Network and Ramblers
- **Friday 17 May**  
**Lunchtime Bootcamp/ 1-1:45pm/ Nomura (EC4R 3AB)**  
Command power, strength and agility in this full body workout, delivered outdoors come wind, rain or shine. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)
- **Friday 17 May**  
**Stress, resilience and mindfulness talk/ 2-3pm/ Nomura (EC4R 3AB)**  
Join Nuffield Health’s Senior Psychologist Tom Sorrell for this in-depth talk. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)

## WEEK COMMENCING 20 MAY 2019

- **Monday 20 May (until 20 June)**  
**The Victorian City Festival/ Leadenhall Market (EC3V 1LT)**  
This month-long festival hosts Victorian-inspired musical performances, theatrical re-enactments, craft workshops, storytelling sessions and historical tours. See circus performers, magicians, poets and [more](#).
- **Monday 20 May**  
**Insanity Masterclass/ 1:30-2:00pm/ Nomura (EC4R 3AB)**  
Push your training to new heights through this cardio-based total body conditioning programme, based on the principles of MAX Interval Training. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)
- **Tuesday 21 May**  
**Lunchtime walk: "Discover St Paul's Garden"/ 1-1:45pm/ Start and end at Guildhall North Wing reception (Basinghall Street)**  
A short walk around the parks and beautiful green spaces around St Paul's Cathedral. Hosted by the Active City Network and Living Streets
- **Tuesday 21 May**  
**Run Club/ 12-1pm/ Nomura (EC4R 3AB)**  
Stretch your legs and come for a lunchtime run. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)
- **Tuesday 21 May**  
**Evening walk: "What the Dickens?"/ 5:15-6:15pm/ Start and end at Staple Inn courtyard (WC1V 7QH, near Chancery Lane station)**  
This circular walk takes in Grays Inn, Temple and the surrounding neighbourhood, with references to Charles Dickens and his works. Hosted by the Active City Network and Ramblers
- **Wednesday 22 May**  
**Yoga in the Yard (delivered by Another Space)/ 8:15-9:00am/ Guildhall Yard (EC2V 5AA)**  
Details TBC (bookable via the Another Space website)
- **Wednesday 22 May**  
**Dragon Café in the City/ 12-7:30pm/ Shoe Lane Library (EC4A 3JR)**  
Dragon Café in the City offers an open and free space for City workers to release the pressure and take a break from their busy daily routines. A range of free activities are on offer, including 15-minute massage, chess strategy workshops, calligraphy, mindfulness, yoga and more. No need to register, just drop in. A full programme is available [here](#).
- **Wednesday 22 May**  
**Lunchtime Bootcamp/ 12-12:45pm/ Nomura (EC4R 3AB)**  
Command power, strength and agility in this full body workout, delivered outdoors come wind, rain or shine. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)

- Thursday 23 May**  
**Lunchtime walk: "Discover Smithfield"/ 1-1:45pm/ Start and end at West Smithfield Park (EC1A)**  
 A short walk around the ancient and interesting City institutions located in the area. Hosted by the Active City Network and Ramblers
- Thursday 23 May**  
**Lunch Market/ 12-2:30pm/ Guildhall Yard (EC2V 5AA)**  
 This monthly food market serves up mouth-watering dishes from around the world. Ditch the packed lunch, leave the office and get out into the fresh air.
- Friday 24 May**  
**Lunchtime Bootcamp/ 1-1:45pm/ Nomura (EC4R 3AB)**  
 Command power, strength and agility in this full body workout, delivered outdoors come wind, rain or shine. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)

#### WEEK COMMENCING 27 MAY 2019

- Tuesday 28 May**  
**Lunchtime walk: "Walk the City's market, gardens and beyond"/ 1-1:45pm/ Start and end at Barbican Station (EC1A 4JA)**  
 This walk uncovers historic Smithfield and some of the best gardens in the City. Hosted by the Active City Network and Living Streets
- Tuesday 28 May**  
**Run Club/ 12-1pm/ Nomura (EC4R 3AB)**  
 Stretch your legs and come for a lunchtime run. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)
- Wednesday 29 May**  
**Lunchtime Bootcamp/ 12-12:45pm/ Nomura (EC4R 3AB)**  
 Command power, strength and agility in this full body workout, delivered outdoors come wind, rain or shine. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)
- Thursday 30 May**  
**Lunchtime walk/ 1-1:45pm/ Start and end at Staple Inn courtyard (WC1V 7QH, near Chancery Lane station)**  
 This circular walk takes in Grays Inn, Temple and the surrounding neighbourhood, with references to Charles Dickens and his works. Hosted by the Active City Network and Ramblers
- Friday 31 May**  
**Lunchtime Bootcamp/ 1-1:45pm/ Nomura (EC4R 3AB)**  
 Command power, strength and agility in this full body workout, delivered outdoors come wind, rain or shine. Booking necessary, email [FitnessCentreLondon-eu@nomura.com](mailto:FitnessCentreLondon-eu@nomura.com)

- **Friday 31 May (until 1 December)**

- **Fantastic Feats: the building of London/ various locations**

- Scale the heights of imagination and celebrate towering triumphs of architecture, invention and engineering, through this six-month season of street theatre and circus, art, music, exhibitions, walks, tours and more. More details available [here](#).

- **Friday 31 May (until 30 November)**

- **River View: Liminal/ Thames Riverside Walkway (EC4V 3AL)**

- Liminal is a new artistic commission in partnership with the London Festival of Architecture and supported by the Illuminated River project. The design blurs the line between 2D, 3D and 4D. More information [here](#).