Autism Friendly Free Open Afternoon
Saturday 14th April 2018

12 noon
Meet at Stevenson Building (71 Oakfield Avenue) for the Daily Mile. Shown above is a typical route for this short walk.

12.30 Return to the Stevenson Building for the following:
12.45–1.15pm Indoor Cycling (Revolve) class
1.30–2pm Break/small group building tours
2–2.30pm Flow class (similar to yoga/pilates)

Throughout the afternoon we will have a studio in the building reserved as an escape space as well as autism-friendly designs for class numbers, lighting & music etc. All classes will be instructor led & staff involved on the day have completed an Autism & Sport online module from the National Autistic Society.

If you are interested in attending all or just part of the afternoon please fill in the google form.