



FRITTON LAKE

ACTIVITY TIMETABLE 2023

Monday-Sunday	9:00 – 18:00 Footgolf	9:00 – 18:00 Petanque Courts	9:00 – 18:00 Tennis Courts	09:00 – 15:00 Rowing Boats, Canoes, Kayaks		
Monday	10:00 – 11:30 Foraging Tour		13:00 – 14:30 Lake Safari			
Tuesday	07:30 – 08:30 Open Water Swimming Club (13+)	9:00 – 11:00 Jeep Safari	10:00 – 11:00 Dance Fit	11:00 – 11:30 Full Body Sculpt	13:00 – 14:30 Shelter Building	
Wednesday	9:00 – 10:00 Fritton 5k Run Club	10:00 – 11:30 Foraging Tour	10:30 – 11:30 Booty Barre	13:00 – 14:30 Lake Safari	16:00 – 18:00 Open Water Swimming Club (13+)	
Thursday	9:00 – 11:00 Jeep Safari	9:30 – 10:30 Yoga (Gym CLOSED)	13:00 – 14:30 Shelter Building			
Friday	10:00 – 11:30 Foraging Tour		12:30 – 14:00 Shelter Building		14:00 – 16:00 Family Football	
Saturday	9:00 – 11:00 Jeep Safari	9:30 – 10:15 Aquacise	09:00 -12:00 Open Water Swimming Club (13+)	10:30 – 11:30 Pilates	11:00 – 12:00 Fritton 5k Run Club	13:00 – 15:00 Jeep Safari
Sunday	11:00 – 12:00 Family Football					