



FRITTON LAKE

AUTUMN / WINTER ACTIVITY TIMETABLE 2026

7th September – 1st February

(Excluding October Half-Term & Festive Period)

9:00 – 17:00

Footgolf, Rowing Boats, Canoes, Kayaks, Paddleboards, Volleyball, Croquet, Pétanque, Tennis Courts, Basketball, Pickleball, Cricket, Table Tennis

Monday	10:00 – 11:30* Foraging Tour with Matthew			
Tuesday	10:00-11:00* 20/20/20 Dance, Legs, Core with Fiona	11:00 - 11:30* Full Body Sculpt with Fiona	13:00 – 14:30* Shelter Building with Matthew	
Wednesday	09:00 – 10:00 Fritton 5k Run Club with Will	10:00 – 11:30* Foraging Tour with Matthew	10:30 – 11:30* Booty Barre with Fiona	18:00 – 19:00* Yoga with Hannah
Thursday	09:30 – 10:30* Yoga with Sarah		09:00 – 11:00* Jeep Safari with Matthew	
Friday	10:00 – 11:30* Foraging Tour with Matthew		12:30 – 14:00* Shelter Building with Matthew	
Saturday	09:00-09:45* Fascial Manoeuvrers Class with Emily	09:00 – 11:00* Jeep Safari with Matthew	10:30 – 11:30* Pilates with Fiona	10:00 -12:00* Tennis Social – Adults Only with Emily
Sunday	09:00 – 11:00 Adults 09:00 – 10:00 8+ Juniors* Free Life Guarded Lake Swim with Nicola		10:00 – 11:00* Yoga with Hannah	

**Payable – see booking information for rates that apply to these activities.*

Please note that some activities may be cancelled or rescheduled if numbers are too low or if we encounter poor weather condition. Bookings must be made at least 48-hours prior.