



FRITTON LAKE

WINTER ACTIVITY TIMETABLE 2026

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Monday	10:00 – 11:30* Foraging Tour			
Tuesday	10:00 – 11:00* 20/20/20 Dance, Legs, Core		11:00 - 11:30* Full Body Sculpt	
Wednesday	09:00 – 10:00 Fritton 5k Run Club	10:00 – 11:30* Foraging Tour		10:30 – 11:30* Booty Barre
Thursday	09:00-11:00* Tennis Social – Adults Only	09:30 – 10:30* Yoga		09:00 – 11:00* Jeep Safari
Friday	10:00 – 11:30* Foraging Tour			
Saturday	09:00 – 10:00 Fritton 5k Run Club	09:00 – 11:00* Jeep Safari	10:00 -12:00* Tennis Social – Adults Only	10:30 – 11:30* Pilates
Sunday	10:00 – 11:00* Yoga		11:00 - 12:00 Family Football	
9:00 – DUSK Footgolf, Rowing Boats, Canoes, Kayaks, Paddleboards, Volleyball, Croquet, Pétanque, Tennis Courts, Basketball, Pickleball, Cricket, Table Tennis				

**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.*