



## FРИTON LAKE

### WINTER ACTIVITY TIMETABLE 2026

<b>Monday</b>	<b>10:00 – 11:30*</b> Foraging Tour		
<b>Tuesday</b>	<b>10:00 – 11:00*</b> 20/20/20 Dance, Legs, Core		<b>11:00 - 11:30*</b> Full Body Sculpt
<b>Wednesday</b>	<b>09:00 – 10:00</b> Fritton 5k Run Club	<b>10:00 – 11:30*</b> Foraging Tour	<b>10:30 – 11:30*</b> Booty Barre
<b>Thursday</b>	<b>09:00-11:00*</b> Tennis Social – Adults Only	<b>09:30 – 10:30*</b> Yoga	<b>09:00 – 11:00*</b> Jeep Safari
<b>Friday</b>	<b>10:00 – 11:30*</b> Foraging Tour		
<b>Saturday</b>	<b>09:00 – 10:00</b> Fritton 5k Run Club	<b>09:00 – 11:00*</b> Jeep Safari	<b>10:00 -12:00*</b> Tennis Social – Adults Only
<b>Sunday</b>	<b>10:00 – 11:00*</b> Yoga		<b>11:00 - 12:00</b> Family Football
<b>9:00 – DUSK</b> 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.*