



FRITTON LAKE

AUTUMN AND WINTER ACTIVITY TIMETABLE 2025

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Monday-Sunday	9:00 – DUSK Footgolf, Rowing Boats, Canoes, Kayaks, Volleyball, Croquet, Pétanque			08:00 – DUSK Multi-sport area – Basketball, Pickleball, Spike ball, Cricket		
Monday	10:00 – 11:30* Foraging Tour					
Tuesday	09:30 – 10:15* Adult Bootcamp	10:00 – 11:00* 20/20/20 Dance, Legs, Core		11:00 - 11:30* Full Body Sculpt		13:00 – 14:30* Shelter Building
Wednesday	09:00 – 10:00 Fritton 5k Run Club		10:00 – 11:30* Foraging Tour		10:30 – 11:30* Booty Barre	13:00 – 14:30* Lake Safari
Thursday	09:30 – 10:30* Yoga			09:00 – 11:00* Jeep Safari		13:00 – 15:00* Bug Hunt
Friday	10:00 – 11:30* Foraging Tour				12:30 – 14:00* Shelter Building	
Saturday	09:00 – 10:00 Fritton 5k Run Club	09:00 – 11:00* Jeep Safari	10:30 – 11:30* Pilates	10:00 -12:00 Open Water Swimming Club - Cold water experience only	10:00 -12:00* Saturday Tennis Club – Adults only	13:00 – 15:00* Bug Hunt
Sunday	10:00 – 11:00* Yoga			11:00 - 12:00 Family Football		

**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.*