



FRITTON LAKE

SCHOOL HOLIDAY ACTIVITY TIMETABLE 2026

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Monday	10:00 – 11:30* Foraging Tour		09:30-10:15* Hypopressives Workshop [Monday 16 th Feb]		14:00-15:00* Under 10's Tennis Club	15:00-16:00* Over 10's Tennis Club
Tuesday	10:00 – 11:00* 20/20/20 Dance, Legs, Core		11:00 - 11:30* Full Body Sculpt		14:00-15:00* Under 10's Tennis Club	15:00-16:00* Over 10's Tennis Club
Wednesday	09:00 – 10:00 Fritton 5k Run Club	10:00 – 11:30* Foraging Tour		10:30 – 11:30* Booty Barre		14:00-15:00* Under 10's Tennis Club
Thursday	09:00 -11:00* Tennis Social – Adults Only		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* Tennis Social – Adults Only	13:00 – 15:00* Bug Hunt	15:30 – 17:00* Tennis for Beginners
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.*