



FRITTON LAKE

SPRING ACTIVITY TIMETABLE 2026					
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		16:00 – 17:00* Afterschool Tennis Club
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	18:00 – 19:00* Yoga
Friday	10:00 – 11:30* Foraging Tour			16:00-17:30* Pickle Ball	
Saturday	09:00-09:45* Fascial Manoeuvrers Class	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	15:00 – 16:00* Pickle Ball
<p style="text-align: center;">9:00 – DUSK</p> <p style="text-align: center;">Footgolf, Rowing Boats, Canoes, Kayaks, Paddleboards, Volleyball, Croquet, Pétanque, Tennis Courts, Basketball, Pickleball, Cricket, Table Tennis</p>					

**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.*