



FRITTON LAKE

SCHOOL HOLIDAY ACTIVITY TIMETABLE 2026

Monday	10:00 – 11:30* Foraging Tour with Matthew						
Tuesday	9:15-10:00* Adult Bootcamp with Nicola	10:00-11:00* 20/20/20 Dance, Legs, Core with Fiona	11:00 - 11:30* Full Body Sculpt with Fiona	13:00 – 14:30* Shelter Building with Matthew	14:00-15:00* Under 10's Tennis Club with Emily	15:00-16:00* Over 10's Tennis Club with Emily	18:00 - 20:00 Adults 18:00 – 19:00 8+ Juniors* Free Life Guarded Lake Swim with Nicola
Wednesday	09:00 – 10:00* Fritton 5k Run Club with Will	10:00 – 11:30* Foraging Tour with Matthew		10:30 – 11:30* Booty Barre with Fiona	14:00-15:00* Under 10's Tennis Club with Emily	15:00-16:00* Over 10's Tennis Club with Emily	18:00 – 19:00* Yoga with Hannah
Thursday	09:30 – 10:30* Yoga with Sarah			09:00 – 11:00* Jeep Safari with Matthew		13:00 – 15:00* Bug Hunt with Matthew	
Friday	10:00 – 11:30* Foraging Tour with Matthew			12:30 – 14:00* Shelter Building with Matthew			
Saturday	09:00-09:45* Movement Lab - Fascia with Emily	09:00 – 11:00* Jeep Safari with Matthew		10:30 – 11:30* Pilates with Fiona	10:00 -12:00* Tennis Social – Adults Only with Emily	13:00 – 15:00* Bug Hunt with Matthew	
Sunday	09:00 – 11:00 Adults 09:00 – 10:00 8+ Juniors* Free Life Guarded Lake Swim with Nicola			10:00 – 11:00* Yoga with Hannah			
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.*