

Fitness and Activity Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07.30	Morning Run (Seafront Route)		Morning Run (Headland Route)		Morning Run (Tree Line Route)	Interval Run	
08.00	Sunrise Stretch	Morning Walk	Yin Yoga	Sunrise Stretch	Morning Walk	Sunrise Stretch	Yin Yoga
09.15	Legs, Bums & Tums	Body Conditioning	Body Conditioning	Circuit Training	Body Conditioning	Legs, Bums & Tums	Body Conditioning
09.15	Beach Boot Camp		X - Fit		Abs Attack	Circuit Training	
10.15	Abs Attack	Legs, Bums & Tums	Circuit Training	Legs, Bums & Tums	Hi/Lo 50mins Aerobics	Hi/Lo 50mins Aerobics	Aerobics 30mins
10.15	Body Conditioning				Interval Swim Training	Yin Yoga	
11.00	Water Polo	Volleyball	Water Polo	Volleyball	Water Polo	Volleyball	
15.00	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Interval Swim Training	Aqua Aerobics	Aqua Aerobics	
16.00		Interval Swim Training		Abs Attack		X - Fit	
16.00	Hi/Lo 50mins Aerobics	Hi/Lo 50mins Aerobics	Legs, Bums & Tums		Legs, Bums & Tums	Body Conditioning	
17.00	Circuit Training	Beach Boot Camp		Beach Boot Camp		Circuit Training	
17.00	Sunset Stretch	Aerobics 30mins	Sunset Stretch		Yin Yoga	Sunset Stretch	
18.00	Adult Football	Adult Football	Adult Football	Adult Football	Adult Football	Adult Football	

Areas to meet

Morning/Interval Run:	Reception	Morning Walk:	Reception
Sunrise Stretch:	Outdoor area	Circuit Training:	Outdoor area
Beach Boot Camp:	Waterfront	Aerobics:	Outdoor area
Water Polo:	Adults pool	Volleyball:	Volleyball court
Aqua Aerobics:	Adults pool	Abs Attack:	Indoor suite
Interval Swim Training:	Adults pool	Sunset Stretch:	Grass Area at the Beach
Yin Yoga:	Indoor suite	5-a-side football:	Football pitch
X - Fit:	Outdoor Area	Body Conditioning:	Outdoor Area
Legs, Bums & Tums:	Outdoor Area	Hi/Lo Aerobics:	Outdoor area