

ACTIVE AUGUST 2014 TIMETABLE

DAY	TIME	ACTIVITY	LOCATION	OUTLINE
MONDAY	10:00 – 16:00	Rowing	South Lawn	Dry rowing activities and competitions
	12:00 – 13:00	Athlefit	South Lawn	Athletics session for all levels of ability and fitness (14+)
	12:00 – 13:00	Abs, Bums and Thighs	South Lawn	Turn up and tone up!
	14:00 – 20:00	Twilight mini tennis	Timber Lodge	Mini tennis for all the family
	19:00 – 20:00	Women's Running	London Aquatic Centre (meet)	Women's running group for all levels of fitness – bring a buggy if you like!
	19:00 – 20:00	Hula Hoop Fitness	North of the Park	Hula hoop fitness session
TUESDAY	10:00 – 16:00	Rowing	South Lawn	Dry rowing activities and competitions
	12:00 – 13:00	Athlefit	South Lawn	Athletics taster session (14+)
	12:00 – 13:00	Hula Hoop Fitness	North of the Park	Hula hoop fitness session
	12:00 – 15:00	Street Cricket	South Lawn	Informal cricket games and activities
	14:00 – 20:00	Twilight mini tennis	Timber Lodge	Mini tennis for all the family
	18:00 – 19:00	Boxstart (women and girls)	South lawn	Footwork, skipping and bodyweight exercises
	19:00 – 20:00	Yoga	South lawn	Yoga session for all abilities and levels
	20:00 – 21:00	Bootcamp	North of the Park	Circuit based exercise
WEDNESDAY	10:00 – 16:00	Rowing	South Lawn	Dry rowing activities and competitions
	10:00 – 12:00	Nordic Walking	Copper Box Arena (meet)	Nordic walking session for all fitness levels.
	12:00 – 13:00	Athlefit	South Lawn	Athletics taster session (14+)
	12:00 – 13:00	Elite Fitness	South Lawn	Exercise and drills to get you as fit as an athlete!
	13:00 – 14:00	Mums on the Run	Timber Lodge (meet)	Women's running group for all levels of fitness – bring a buggy if you like!
	14:00 – 15:00	Volleyball (women and girls)	South Lawn	Volleyball taster sessions for women and girls
	14:00 – 20:00	Twilight mini tennis	Timber Lodge	Mini tennis for all the family
	17:00 – 19:00	Table Tennis	East Cross Square (Run Plaza)	Taster sessions and coaching
19:00 – 20:00	Our Circuit	North of the Park	Circuit based fitness session	
THURSDAY	10:00 – 16:00	Rowing	South Lawn	Dry rowing activities and competitions
	12:00 – 13:00	Athlefit	South Lawn	Athletics taster session (14+)
	12:00 – 13:00	Abs, Bums and Thighs	North of the Park	Turn up and tone up!
	12:00 – 15:00	Street Cricket	South Lawn	Informal cricket games and activities
	14:00 – 20:00	Twilight mini tennis	Timber Lodge	Mini tennis for all the family
	19:00 – 20:00	Elite Fitness	South Lawn	Exercise and drills to get you as fit as an athlete!
FRIDAY	10:00 – 16:00	Rowing	South Lawn	Dry rowing activities and competitions
	12:00 – 13:00	Athlefit	South Lawn	Athletics taster session (14+)
	14:00 – 20:00	Twilight volleyball challenges	Timber Lodge	Volleyball challenges for all the family
SATURDAY	9:00 – 10:30	Family Fit	South Lawn	Fitness activities for all the family
	9:00 – 10:00	Junior Athletics	South Lawn	Athletics session for children
SUNDAY	10:00 – 11:00	Capeoira Fitness	North of the Park	Dance based fitness session
	13:00 – 14:00	Nordic Walking	Copper Box Arena (meet)	Nordic walking session for all fitness levels.