



	Creche	Exercise Studio	Meeting Room	Outside	Sports Hall (court 1 & 2)	Sports Hall (court 3 & 4)	Sports Hall (Courts 5 - 8)	Athletics Track
<b>10 – 10:25am</b>	Guided Meditation -Motivated Minds *		Yoga, delivered by Jodi	Cycling with TrailNet		Badminton / Short Tennis / Table Tennis *	Walking Hockey with Luke	Get a wiggle on
<b>10:30 – 10:55am</b>	Cup of Kindness - Motivated Minds *	Body Combat - fitness class with Sarah King	Yoga, delivered by Jodi	Cycling with TrailNet	Badminton / Short Tennis / Table Tennis *		Walking Hockey with Luke	
<b>11 – 11:25am</b>	MIND Craft (Therapeutic Arts & Crafts) -Motivated Minds *	Zumba - fitness class with Sarah King	Boccia with Sport for Confidence - Donna **	Cycling with TrailNet	Badminton / Short Tennis / Table Tennis *		((Bounce))	
<b>11:30 – 11:55am</b>	MIND Craft (Therapeutic Arts & Crafts) - Motivated Minds *	Body Balance - fitness class with Sarah King	Boccia with Sport for Confidence - Donna **	Cycling with TrailNet	Badminton / Short Tennis / Table Tennis *		((Bounce))	
<b>12 – 12:25pm</b>	Cup of Kindness - Motivated Minds *	Body Pump - fitness class with Sarah King	HIIT with Essex Fit Mums *	Cycling with TrailNet	Sitting Volleyball with Olympian	Badminton / Table Tennis *	Walking Netball with Jean	
<b>12:30 – 12:55pm</b>	Guided Meditation-Motivated Minds *	Group Cycling - fitness class with Sarah King	HIIT with Essex Fit Mums *	Cycling with TrailNet	Sitting Volleyball with Olympian	Badminton / Table Tennis *	Walking Netball with Jean	

\* Delivered by a This Girl Can Ambassador

\*\* Delivered by a Active Essex All Together Ambassador

**Free swimming is also available for all participants 9:30am-4pm.**