

Virtual Activity Week Timetable



Monday 15th, 5pm ● ● ● Live cook-along

Tuesday 16th, 10am ● ● ● Breakfast boogie
with Dance East

Wednesday 17th, 2pm ● ● Teen wellbeing
and yoga

Thursday 18th, 1pm ● ● ● Martial Arts and
5 ways to wellbeing

Friday 19th, 3pm ● ● ● Jumping jacks and
snacks