



SUN GARDENS

DUBROVNIK

# NEWS

LIFESTYLE CULTURE FOOD MAGAZINE

## *2019 Year of Orlando*

DUBROVNIK'S SYMBOL OF FREEDOM

## *Active Relaxation*

PERFECT DESTINATION FOR SPORTS ENTHUSIASTS

## *Secrets of Mediterranean Cuisine*

SIMPLE FRESHNESS, AROMATIC HERBS & TRADITIONAL RECIPES

# WELCOME TO SUN GARDENS DUBROVNIK

Dear Guests,

Thank you for staying at Sun Gardens Dubrovnik. Our main goal is to create memorable experiences combining sophistication, tradition and five-star service with the famous Croatian hospitality enhanced by our passionate team.

If there is anything we can assist you with during your stay, please do not hesitate to contact the Concierge, the Manager on Duty or myself.

I hope that your stay in our beautiful city will truly be an unforgettable one!

Christian Larss Kreković  
General Manager




## CONCIERGE RECOMMENDS

Let us help you plan your ideal vacation in and outside Sun Gardens Dubrovnik. Concierge Team is more than happy to assist you!

 3566 /  Lobby /  daily 07.00 – 23.00



### RUPE ETHNOGRAPHIC MUSEUM

Visit the Rupe Ethnographic Museum and learn more about the granary and storage of the state grain and wheat reserves in deep pits cut into the rock. Acquaint yourselves with the customs and folk costume of the Dubrovnik region.

### ORLANDO FURIOSO

Orlando Furioso is a cycle of baroque music organized by the Dubrovnik Symphony Orchestra. Music Director of this cycle is Dmitry Sinkovsky, world star of baroque violin, conductor and contra tenor. Don't miss their concert on June 7 & 8 in beautiful Rector's Palace starting at 21.00.

### PAPPARDELLE AT LA PASTA

Take a culinary journey at La Pasta, a modern restaurant specializing in fresh and simple Italian cuisine. Delicious wide ribbons of pappardelle served with prawns and a velvety sauce infused with white wine, chilli and garlic are a perfect choice for lunch.

## SAY IT WITH A PICTURE

Embark on a new venture at Sun Gardens Dubrovnik and capture your special holiday moments! Share the spark with us using #sungardensdubrovnik and #lhwtraveler on Instagram, Facebook and Twitter. Get inspired and join our social media family - we would love to hear from you!





# RESORT MAP



## MAP LEGEND

### HOTEL BUILDING

- Hotel building
- Hotel reception / Concierge (RC)
- Money exchange service (RC)
- Meeting rooms and conference (RC / R)
- Club Floor Lounge (6)
- Souvenir shop (RC)

### RESIDENCES

- Residences reception
- 1001-1514
- 2101-2410
- 3101-3510
- 4101-4410
- 5101-5608
- 6111-6410
- 7101-7608
- 8101-8410

### POOLS & BEACH

- Sunset Pool
- Lemonia Pool
- Marina Pool
- VIP Beach
- Beach
- Water sports

### SPA & WELLNESS

- Spa Centre
- Indoor pool
- Gym
- Treatment rooms
- Saunas
- Hydrotherapy pool
- Vitality juice bar

### WINE & DINE

- Maraska Lounge Bar (RC)
- Origano Restaurant (R)
- Rooftop Terrace (T)
- Giardino (O)
- Ginja Restaurant
- Sunset Grill
- Sunset Pool Bar
- Cilantro Restaurant

- Beach Bar Pebbles
- Lemonia Pool Bar
- La Pasta Restaurant
- La Patisserie
- The Market Restaurant
- Vino Bar
- The Butchers Grill
- Marina Pool Bar
- Marina Terrace

### RECREATION

- Sports Centre
- Gym
- Indoor basketball half-court
- Squash court
- Badminton court
- Pool tables
- Table tennis
- Climbing wall
- Sports Bar
- Five-a-side football court
- Three clay tennis courts
- Sand volleyball court

### SHOPPING

- Rosetta Grocery Store
- Rosetta Health & Beauty
- Hair dresser
- Multi brand stores
- ATM
- Rosetta Beach & Fun

### CHILDREN

- Marco Polo Kids Club
- Playground
- Childrens Pool

### TRANSPORTATION

- Travel agency
- Shuttle bus
- Marina (Shuttle boat)
- Private garage
- Parking area
- Public bus stop

- Perfect photo location
- Steps free route
- Evacuation assembly point



# MEET DUBROVNIK'S SYMBOL OF FREEDOM

*2019 has been designated as the Year of Orlando, and the famous symbol of freedom will be celebrated through different events throughout the year in Dubrovnik, bringing Orlando's Column once more to the forefront of the city's cultural life.*

Dubrovnik is famous for many things. Dubrovnik Republic was the first in the world to abolish slavery and to recognise the United States. It is home to the oldest working pharmacy in Europe, and the original James Bond character is based on a Dubrovnik resident, Dusko Popov. But did you know that, in addition, Dubrovnik has its very own measurement – the Dubrovnik Elbow? Measuring 51.2 cm from the hand to the elbow, the right arm of the statue of Orlando on the Luza Square was used as a unit of measurement. It is just one use that Orlando's Column has served Dubrovnik over the centuries - a symbol of freedom and state independence.

Orlando's Column was made in 1418 by local sculptor Antun Dubrovcanin and master sculptor Bonino di Milano. Legend has it that Orlando saved Dubrovnik from a 15-month siege from the Saracens in the 9th



century, after which grateful citizens erected the column in his honour, but the truth is that the real Orlando – better known as Roland – was French, and he became a symbol of a city under the protection of the Hungarian - Croatian king. This was about the same time as the Venetians were setting up their own symbols in the form of winged lions on the Adriatic. Orlando originally faced eastward, about 5 metres from his current location today.

Orlando's Column played a huge role in daily life of the Dubrovnik Republic. Apart from being the symbol of freedom and independence, it was here that the





proclamations of State were read, with the state flag blowing in the word from the flagpole. It was also used as the city's Pillar of Shame, a brilliant institution where wrongdoers would be publicly shamed, and guilty persons bound to the pillar, so that the public could see them exposed for the wrongdoings they had committed. Orlando's Column fell from grace with the collapse of the Republic in 1815, remaining a mere memory of the Republic's previous independence. It was destroyed in 1825, only to be re-established in its current location (facing north this time) in 1878.

Apart from being a popular meeting point for tourists and locals alike, Orlando's Column still plays a role in public life today. It takes centre stage, for example, during the Dubrovnik Summer Festival, where it plays host to the opening and closing festival. Year 2019 will be the latest important milestone in the timeless relationship between Orlando and the city whose freedom he symbolises. So look out for a number of great events to celebrate Dubrovnik's most famous column and enjoy a piece of Orlando's legacy.



## SPECIAL OFFER

*Experience the magic of the nearby islands on your own with a competitive prices!*

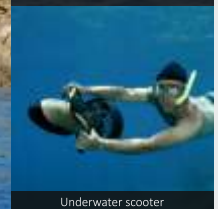
### WATER TAXI & BOAT RENTAL

Phone: Ext. 3950  
Tel: 00385(0)20/361-950  
GSM: 00385(0)91/4216902  
info@korkyra-dubrovnik.com

**KORKYRA**DMC  
travel & rental agency dubrovnik



Water Taxi



Underwater scooter

# SPORTS ACADEMY FOR CHILDREN 7 – 15

*Join us for the ultimate summer fun and book your place today!*

## Football Academy

In a fun and safe environment junior footballers an opportunity to learn and play with our experienced coaches who will provide them with all technical knowledge, as well as a sense of hard work and team play.

## Tennis Academy

Croatia has a proud and successful tennis tradition for such a small country and remains a popular sport here. The Sun Gardens Dubrovnik Tennis Academy is an excellent opportunity for children to develop their skills and learn from our expert and experienced coaches.

## Basketball Academy

This Academy is a great option for boys and girls who want to learn the fundamentals of basketball or enhance their existing basketball skills. Dedicated trainers will not only provide instructions and inspiration, but also plenty of opportunity for socialising with peers and having fun.

## Swimming and Water Polo Academy

In Dubrovnik, water polo has always been more than a sport. It is a way of life. This academy provides a great opportunity for children to improve swimming techniques and learn the basics of this popular local sport. All participants of this Academy must have at least basic swimming skills.

## Sports Camp

If you want your children experience it all, our Sports Camp will offer the best of football, basketball, tennis, swimming and water polo. Through an inspiring and safe environment, children will try a new sport, learn new skills, meet new friends and have fun during their summer holidays.

**Training sessions take place Monday to Friday, while the final match will be held on Saturday, followed by diplomas and medals. For more information and reservations please visit Sports Centre or call 3731 from your room.**



**Nike gift package  
included in the rate!**



# FOR THE LITTLE EXPLORERS AND NAVIGATORS

*Indulge in some luxury parent-only time from 10.00 to 17.00 while your children enjoy supervised fun-filled activities with lunch included, for only €20.*

If you travel with younger or school children, there are many pieces of advice that will guarantee a good time. Filling the day with children's activities and not forgetting the time for parents alone are making the top of that list. As a parent, you want your children to have fun during your vacation, but you also need some time to indulge, relax and enjoy some adult time. The Marco Polo Kids Club is a life saver in these situations. The childcare team is here to ensure that your children are safely looked after and have a fantastic time, giving you the opportunity to relax and enjoy the resort with piece of mind. With our variety of swimming pools, Sports Centre, Spa Centre and warm Adriatic Sea on our doorstep, there are so many options to explore.



The morning session starts at 10.00 with a weekly program specially designed to make sure your children are always looking forward to a new challenge. Water and snacks are also provided. At 12.00 the staff will take the children to the Origano Restaurant for a Kids Lunch. Our dedicated menu includes healthy and fun dishes that children will like, including eye-catching soups, nutritious main dishes and colourful desserts. After a tasty lunch, your children will return to the Kid's Club and play games carefully designed to suit their age groups until 17.00. The Kids Club is a complimentary childcare service and the €20 charge applies to the Lunch service.

All you need to do is make a reservation 24 h in advance and bring your children to the Marco Polo Club. We plan our sessions according to our set ratios in the Kids Club to ensure the staff can provide the best care and supervision. With that in mind, we encourage families to pre-book sessions. For more information, terms and reservations, please call 099 2561 226 from your room.

## EXPLORERS & NAVIGATORS

**10.00 - 15.00 Morning Session / Complimentary**  
**12.00 - 15.00 Middle Session with Kids Lunch / 20 EUR per child**  
**15.00 - 17.00 Afternoon Session / Complimentary**  
**08.00 - 23.00 Babysitting**

Our childcare services are very popular and operate to strict ratios so we strongly advise pre-booking your childcare requirements. For more information and reservations kindly contact our Concierge or find Kid's Club team below Lemonia pool. Info: Ext. 1897 / +385 99 2561 226



## ACTIVE RELAXATION

If you are a sports type and love to be active you don't need to abandon your fitness routine during vacation. Set amid lush Mediterranean gardens the resort offers stunning scenery lending itself perfectly to a week full of

activities. We are proud of our extensive recreation facilities at our Sport Centre - from well-equipped gym, indoor courts and wall climbing to outdoor tennis and football, our sport's centre has something for everyone.

### TENNIS

Tennis is an excellent way to spend your afternoon whether you are looking for a workout or some quality time with your family and friends. Our three clay tennis courts are available for 100 HRK (14 EUR) per hour including tennis rackets and balls. If you need some assistance, want to refine your swings, fine-tune your serves or advance your skills, train with our professional tennis instructors for an additional hourly charge of 400 HRK (54 EUR).



### BIKE TOURS

Explore nearby villages Orašac and Trsteno with a professional guide and experience our picturesque countryside by bike. It is an unforgettable scenic biking trail allowing you to enjoy spectacular panoramic sea views. Studies show that regular activity is crucial for your health, and those who engage in outdoor cycling exert more energy and burn more calories than those who use stationary bikes. Tours are available upon request and cost 150 HRK (20EUR) per person for 90 minutes.



### WALL CLIMBING

Indoor wall climbing is a great way to get some needed activity, especially when you want to take the break from sun and sea. It takes concentration, discipline, and strength, and can be great family experience altogether. The best part? Children tend to love the activity, as much as adults! Children must be a minimum of 7 years of age and need to be accompanied by an instructor. Half an hour is only 200 HRK (27 EUR), while the full hour is 300 HRK (40 EUR).



## SPA MAGNESIUM MASSAGE

Magnesium is present in every organ in the human body and is crucial for normal muscle and nerve function. It keeps the heart rhythm steady, supports a healthy immune system, and keeps bones strong. It is considered a vital mineral for over 300 biochemical reactions that regulate our health. The health benefits of magnesium are multiple: it increases energy, calms nerves and anxiety, helps with digestion, relieves muscle aches and regulates levels of calcium, potassium and sodium.

Exclusive to Sun Gardens Dubrovnik, try our signature healing treatment, the Spa Magnesium massage, an energetic massage with the addition of pure marine magnesium that penetrates deep into the skin and muscles.

For more information and reservations for a Spa MG massage, please visit the Spa Centre or call 3720 from your room.



**FOLLOW US ON SOCIAL MEDIA AND SHARE  
YOUR MAGIC HOLIDAY MOMENTS**



sun\_gardens\_dubrovnik



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@SunGardensDbk



# FAVOURITE PHONE APPS WHILE ON HOLIDAY

*Living in a super technological world allows us to maximize our holiday experience. Discover the top 5 apps for your 2019 holiday and make the most of your stay at Sun Gardens Dubrovnik.*

Before you start relaxing check **Trail Wallet** application that is considered to be the best travel expense tracker. That way you will at all times know that you are on the right track with your holiday budget.

Holidays in Dubrovnik include a combination of factors: the stunning old town, the beaches, the sun, the culture and the delightful nature. And believe us when we say that lounging at the pool or beach is easily one of our favourites. Resolute to stay sunburn-free? **D Minder** will notify you when it is time to move into the shade. Pretty useful don't you think?

**Calm** is a meditation application ideal for holiday offering guided sessions for beginners, along with programs for intermediate and advanced levels. Start your day with a morning stroll to the beach, enjoy the fresh salty air while the application allows you to choose from different breathing exercises and soothing nature sounds.

If you are looking for a poolside page-turner while you are away on your holiday, but forgot to bring you



favourite titles we've got you covered! Download **Google Play Books** that offers millions of titles to choose from that you can read even when you're offline. Lay back on your sunbed at the adults only Marina Pool - a cold drink in your hand, sunscreen protection and a great title is all you need to appreciate every second in this paradise.

Travelling with children can be quite an adventure so we have prepared multiple activities that will engage their young minds and let your holiday be as stress-free as possible. For back up use learning apps for children such as **Hopster: Learn & Watch Kids TV**.



## DUBROVNIK FROM ABOVE

Enjoy spectacular panoramic views from the heights with our amazing helicopter scenic ride! This aerial tour allows you to marvel at brilliant colors that adorn the Old Town of Dubrovnik and surrounding islands. Next helicopter tour is planned for Friday, June 14.

For more information please visit Korkyra Travel desk in the hotel.



## LIVE MUSIC PROGRAMME

	SAT	SUN	MON	TUE	WED	THU	FRI
Maraska	Piano Music by Gio Baranac		Piano Music by Gio Baranac		Piano Music by Gio Baranac		
Cilantro	Guitar evening with Pero Škobelj		Guitar music by Davor Čupić				Blues Sounds Trio
Butcher / Vino							Duo Doris & Ivan

Program can vary and hours may be subject to change.



# DISCOVER THE WINES OF THE DUBROVNIK REGION

*In addition to its idyllic waterfront location and close proximity to historic Dubrovnik, Sun Gardens Dubrovnik is also ideally positioned to discover some of Croatia's finest wines.*

The history of Dubrovnik is intertwined with wine. From the Greeks and the Romans to the times of Republic of Dubrovnik, the grape was cultivated and nurtured and its nectar celebrated. The story is rather fascinating, with more international experts praising the unique contribution they are making to the wine world. With almost 2,700 hours of sunshine a year, abrupt south facing hillsides and meagre soil, the conditions for growing grapes couldn't be better. There is plenty to discover with over 130 indigenous varieties, including Crljenak Kaštelanski, which was recently proven to be the source of that American favourite, Zinfandel.

Dalmatia's finest red is also a relative of Zinfandel, Plavac Mali (literally 'little blue' after the tiny dark blue grapes on its vines). The Pelješac Peninsula is home to the best wines of this excellent variety, a short drive from the resort. The green peninsular offers many unique experiences, from winery tours, finest seafood restaurants, to oyster and mussel tastings.

At the end of Pelješac, a short 15-minute ferry takes you to fabled Korčula Town, birthplace of Marco Polo, and the gateway to two of Croatia's best loved white varieties. Of the two, Pošip is more widely drunk, with its vineyards centred in the central Cara region, while the more intriguing is Grk, which only grows on sandy soil in Lumbarda, and where wine tourists can only buy two bottles a time, such is the limited supply.

## VINO BAR

Our charming wine bar offers award winning Croatian wines from every region of the country. From the lush rolling hills of Istria, the wide-open plains of Slavonia and the almost vertical cliff-side vineyards of the Dalmatian coastline, discover Croatia through its rich wine culture. The best that Croatia has to offer with unique picture postcard views, explore Croatia one glass at a time.



Alternatively, head a little south of Dubrovnik to the fascinating and lesser visited region of Konavle, with its ancient traditions and way of life, where the rare Dubrovnik Malvasia is king of the whites, and where some excellent Merlot is also produced.





# FRESH, DELICIOUS MEDITERRANEAN CUISINE

*Simple freshness, aromatic herbs, traditional family recipes – three secrets of the magnificent Dalmatian cuisine.*

Don't forget that a key part of Mediterranean dining culture is eating with others, and sharing healthful, nutritious meals. Join the healthy train because these restaurants at Sun Gardens Dubrovnik – in both their cuisine and ambiance – have mastered the secrets of Mediterranean dishes.

## BUTCHER'S GRILL

Butcher's Grill is a "must visit" eatery for meat lovers. With a live kitchen and the highest quality meats from all over the world, you are guaranteed a delicious meal. Our chef recommends Beef tenderloin prepared on the grill and enhanced with bake potato, creamy egg sauce and fresh garden salad. As your steak sizzles on the grill, why not run through our extensive wine list to find the perfect combination.

Our friendly staff are on hand at all times to guide you through our menus and offer any advice needed.



## CILANTRO

Inspired by a desire to explore the Mediterranean region, the Cilantro restaurant is a diner's gem that you mustn't miss. As the Adriatic Sea whispers on the shore, experience mouth-watering aromas. Dish like Beetroot Marinated Salmon, that balances a stunning contrast between the delicate salmon and earthy beetroot, should be on your must-try list.

## THE MARKET

The Market is a perfect choice for a locally inspired evening meal featuring fresh seafood specialities and an amazing panoramic view over the crystal clear Adriatic Sea from its welcoming terrace. We highly recommend to try the pure traditional delicacy – Local Zaton Fish Pot (for two). As an ode to the Mediterranean, the chef de cuisine expertly blends octopus tentacles, clams, prawns and lobster meat.



## WEATHER FORECAST Jun 8 - Jun 14



**Jun 8**  
25°C HI  
18°C LO



**Jun 9**  
25°C HI  
18°C LO



**Jun 10**  
25°C HI  
18°C LO



**Jun 11**  
27°C HI  
18°C LO



**Jun 12**  
28°C HI  
19°C LO



**Jun 13**  
29°C HI  
21°C LO



**Jun 14**  
30°C HI  
24°C LO

For update please visit [www.accuweather.com](http://www.accuweather.com)

# INFO

## GETTING OUT & ABOUT



### DUBROVNIK BY BUS

ONE-WAY TICKET: 50 HRK  
RETURN TICKET: 90 HRK

#### SUN GARDENS RESORT-OLD TOWN DUBROVNIK

10.00 / 11.30 / 13.00 / 17.00 / 18.30 / 20.00 / 21.30

#### OLD TOWN DUBROVNIK-SUN GARDENS RESORT

12.15 / 13.45 / 17.45 / 19.15 / 20.45 / 22.00



### DUBROVNIK BY BOAT

ONE-WAY TICKET: 100 HRK  
RETURN TICKET: 150 HRK  
Minimum 6 persons required.

#### SUN GARDENS MARINA-OLD TOWN DUBROVNIK

11.00 / 17.45

#### OLD TOWN DUBROVNIK-SUN GARDENS MARINA

15.30 / 18.30



### BOAT RIDE TO LOPUD

RETURN TICKET: 150 HRK

#### SUN GARDENS MARINA-LOPUD ISLAND

Tuesday, Thursday & Sunday: 10.00

#### LOPUD-SUN GARDENS MARINA ISLAND

Tuesday, Thursday & Sunday: 17.00



### AIRPORT BY BUS

ONE-WAY TICKET: 100 HRK

#### RESORT - AIRPORT

07.15 / 09.00 / 10.45

#### CHILDREN

0-12 years 50% off

#### KORKYRA TRAVEL AGENCY

Opening hours from 8.00 to 22.00

☎ Ext. 3950

Advance reservations are required as number of seats is limited. Please note that boat transfers are subject to weather conditions.

Prices are in HRK per person.

## OPENING HOURS OF RESORT FACILITIES

### BARS & RESTAURANTS

Reservations: ☎ 3566

<b>Origano Restaurant</b>	7.00 - 10.30 / 19.00 - 22.00
<b>Rooftop Breakfast</b>	8.00 - 11.00
<b>The Market</b>	7.00 - 10.30 / 18.30 - 23.00
<b>La Pasta</b>	12.00 - 23.00
<b>Cilantro lunch</b> (Closed on June 8)	12.00 - 16.00
<b>Cilantro dinner</b> (Closed on June 9)	19.00 - 23.00
<b>Butcher's Grill lunch</b> (Closed on June 11,12,13 &14)	12.00 - 15.00
<b>Butcher's Grill dinner</b>	18.00 - 23.00
<b>La Patisserie</b> (Sandwich bar 12.00 - 17.00)	10.00 - 21.00
<b>Sunset Grill</b> (Closed on June 10 & 13)	12.00 - 17.00
<b>Room Service</b>	7.00 - 24.00
<b>Maraska Lobby Bar</b> (Food served from 10.30 - 23.00)	8.00 - 24.00
<b>Lemonia Pool Bar</b>	10.00 - 18.00
<b>Sunset Pool Bar</b> (Closed on June 10 &13)	10.00 - 18.00
<b>Marina Pool Bar</b>	10.00 - 18.00
<b>Beach Bar</b>	10.00 - 18.00
<b>Vino Bar</b>	18.00 - 24.00

### SPA, SPORTS & SHOPPING

<b>Spa Centre</b> (☎ 3720)	7.00 - 21.00
<b>Sports Centre</b> (☎ 3731)	7.00 - 22.00
<b>Rosetta Grocery Store</b>	8.00 - 20.00
<b>Rosetta Health &amp; Beauty</b> (Closed on Wednesday)	8.00 - 20.00
<b>Physical Therapy</b> (Closed on Sunday)	9.00 - 12.00 / 16.00 - 20.00
<b>L&amp;P Hair &amp; Make-up Salon</b> (Sat 8.00 - 20.00, Sundays closed)	10.00 - 20.00
<b>Concierge</b> (☎ 3566)	7.00 - 23.00

OPENING TIMES OF RESORT FACILITIES MAY BE SUBJECT TO CHANGE. WE ADVISE TO DOUBLE-CHECK WITH CONCIERGE PRIOR TO MAKING A RESERVATION.

		LEISURE ACTIVITIES						
		SAT	SUN	MON	TUE	WED	THU	FRI
MORNING				YOGA 8.00 (14+ YRS)	YOGA 8.00 (14+ YRS)	BODY ART YOGA & PILATES 8.00 (14+ YRS)	YOGA 8.00 (14+ YRS)	YOGA 8.00 (14+ YRS)
						BIKE TOUR ORAŠAC RESERVATION REQUIRED 9.00 (14+ YRS)		
AFTERNOON	SQUASH (COME & PLAY) 15.00 (14+ YRS)	VOLLEYBALL (COME & PLAY) 15.00 (14+ YRS)	TABLE TENNIS (COME & PLAY) 15.00 (14+ YRS)	BADMINTON (COME & PLAY) 15.00 (14+ YRS)	VOLLEYBALL (COME & PLAY) 15.00 (14+ YRS)	BASKETBALL (COME & PLAY) 15.00 (14+ YRS)	TABLE TENNIS (COME & PLAY) 15.00 (14+ YRS)	
			TENNIS SCHOOL FOR KIDS 17.00 (7-14 YRS)		TENNIS SCHOOL FOR KIDS 17.00 (7-14 YRS)			
			BODYWEIGHT WORKOUT 17.00 (14+ YRS)	TOTAL BODY SURPRISE 17.00 (14+ YRS)	BODYWEIGHT WORKOUT 17.00 (14+ YRS)	TOTAL BODY SURPRISE 17.00 (14+ YRS)	BODYWEIGHT WORKOUT 17.00 (14+ YRS)	
			TENNIS SCHOOL FOR ADULTS 18.00 (14+ YRS)		TENNIS SCHOOL FOR ADULTS 18.00 (14+ YRS)			
	5A SIDE FOOTBALL (COME & PLAY) 18:00	5A SIDE FOOTBALL (COME & PLAY) 18:00	5A SIDE FOOTBALL (COME & PLAY) 18:00	5A SIDE FOOTBALL (COME & PLAY) 18:00	5A SIDE FOOTBALL (COME & PLAY) 18:00	5A SIDE FOOTBALL (COME & PLAY) 18:00	5A SIDE FOOTBALL (COME & PLAY) 18:00	
			FUNCTIONAL TRAINING 19.00 (14+ YRS)	FUNCTIONAL TRAINING 19.00 (14+ YRS)	FUNCTIONAL TRAINING 19.00 (14+ YRS)	FUNCTIONAL TRAINING 19.00 (14+ YRS)	FUNCTIONAL TRAINING 19.00 (14+ YRS)	
			PILATES 20.00 (14+ YRS)	PILATES 20.00 (14+ YRS)	PILATES 20.00 (14+ YRS)	PILATES 20.00 (14+ YRS)	PILATES 20.00 (14+ YRS)	