

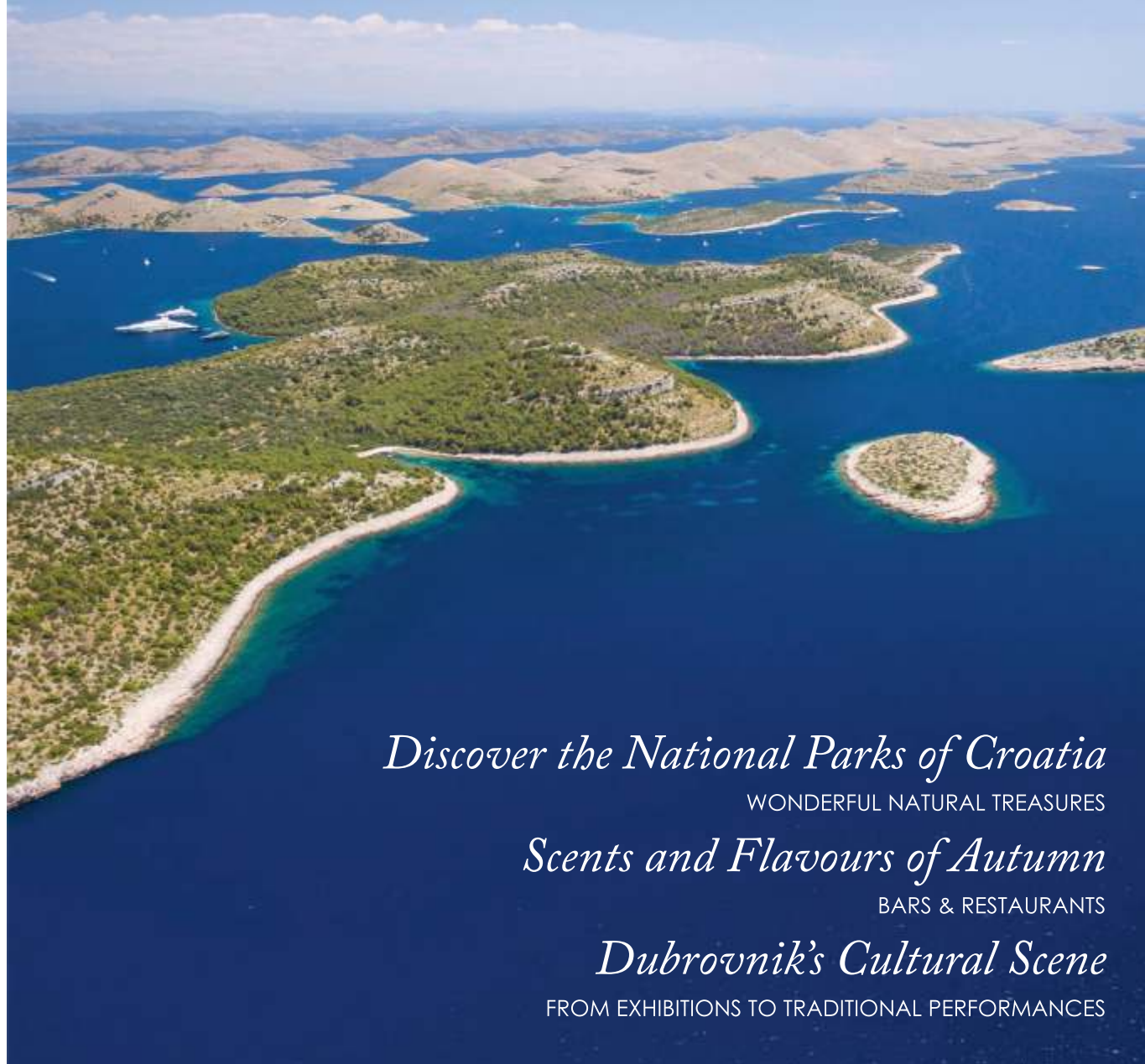


SUN GARDENS

DUBROVNIK

NEWS

LIFESTYLE CULTURE FOOD MAGAZINE



Discover the National Parks of Croatia

WONDERFUL NATURAL TREASURES

Scents and Flavours of Autumn

BARS & RESTAURANTS

Dubrovnik's Cultural Scene

FROM EXHIBITIONS TO TRADITIONAL PERFORMANCES

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.

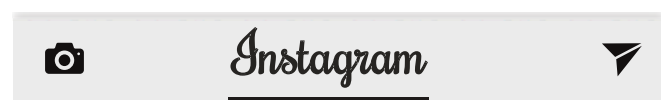
If there is anything we can assist you with during your stay, please do not hesitate to contact the Concierge, the Manager on Duty or myself.

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

Christian Larss Kreković
General Manager



SAY IT WITH A PICTURE



Best vacation ever!
#sungardensdubrovnik #lhwtraveler



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!



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



'GAME OF THRONES' TOUR

Have you ever wished you could be a part of George R.R. Martin's medieval fantasy world of Game of Thrones? Join this amazing tour and take a look at the fictional Blackwater Bay from the fort's impressive vantage point and imagine the bloody Battle of Blackwater taking place outside Dubrovnik's old walls. An absolute must for all fans of the show!

WINE & DINE JOURNEY THROUGH PELJEŠAC

The Pelješac peninsula is an area of environmental diversity and pristine natural beauty that is home to many unique experiences, from winery tours, the finest seafood restaurants or oyster and mussel farms, to 5.5 km medieval walls and the oldest continuously-operating salt pans in the world.

AL FRESCO DINING at CILANTRO

Set beside the sparkling Adriatic Sea that serves the best of Mediterranean and Croatian specialties, Cilantro represents the perfect choice for discerning diners seeking seafood in chic, modern surroundings with breathless sea view. Bonus tip: Live guitar entertainment on Saturday & Sunday!

RESORT MAP



MAP LEGEND

HOTEL BUILDING	RESIDENCES	POOLS & BEACH	SPA & WELLNESS	WINE & DINE	
<ul style="list-style-type: none"> Hotel building Hotel reception / Concierge (RC) Money exchange service (RC) Meeting rooms and conference (RC / R) Club Floor Lounge (6) Souvenir shop (RC) 	<ul style="list-style-type: none"> Residences reception 1 1001-1514 2 2101-2410 3 3101-3510 4 4101-4410 5 5101-5608 6 6111-6410 7 7101-7608 8 8101-8410 	<ul style="list-style-type: none"> 1 Sunset Pool 2 Lemonia Pool 3 Marina Pool 4 VIP Beach 5 Beach 6 Water sports 	<ul style="list-style-type: none"> Spa Centre Indoor pool Gym Treatment rooms Saunas Hydrotherapy pool Vitality juice bar 	<ul style="list-style-type: none"> 1 Maraska Lounge Bar (RC) 2 Origano Restaurant (R) 3 Rooftop Terrace (T) 4 Giardino (O) 5 Ginja Restaurant 6 Sunset Grill 7 Sunset Pool Bar 8 Cilantro Restaurant 	<ul style="list-style-type: none"> 9 Beach Bar Pebbles 10 Lemonia Pool Bar 11 La Pasta Restaurant 12 La Patisserie 13 The Market Restaurant 14 Vino Bar 15 The Butchers Grill 16 Marina Pool Bar 17 Marina Terrace
RECREATION		SHOPPING	CHILDREN	TRANSPORTATION	
<ul style="list-style-type: none"> Sports Centre Gym Indoor basketball half-court Squash court Badminton court Pool tables Table tennis 	<ul style="list-style-type: none"> Climbing wall Sports Bar Five-a-side football court Three clay tennis courts Sand volleyball court 	<ul style="list-style-type: none"> 1 Rosetta Grocery Store 2 Rosetta Health & Beauty 3 Hair dresser 4 Multi brand stores 5 ATM 6 Rosetta Beach & Fun 	<ul style="list-style-type: none"> 1 Marco Polo Kids Club 2 Playground 3 Childrens Pool 	<ul style="list-style-type: none"> 1 Travel agency 2 Shuttle bus 3 Marina (Shuttle boat) 4 Private garage Parking area Public bus stop 	<ul style="list-style-type: none"> Perfect photo location Steps free route Evacuation assembly point

DISCOVER THE NATIONAL PARKS OF CROATIA

Imagine a country which values nature so much that it allocates some 10% of its land territory to national and nature parks! A country of astounding beauty whose parks attract millions of visitors every year. And they could attract you!

Croatia is blessed with 8 national parks all over the country, each offering their unique blend of flora, fauna, heritage and natural beauty. A visit to at least one during your stay is highly recommended, and our Sun Gardens Dubrovnik team is on hand to advise on the arrangements.

For the UNESCO Dubrovnik connection, where better to start than with the most popular park of all, Plitvice Lakes. Along with the old town of Dubrovnik, Plitvice Lakes became a UNESCO World Heritage Site back in 1979. Its numerous lakes and waterfalls inspired local resident Nikola Tesla, and they have been stunning visitors ever since – a true natural paradise. Plitvice is open all year and offers four very distinct and diverse experiences through the four seasons, including winter when the waterfalls freeze.

Krka National Park close to Šibenik is arguably the best run and most diverse national park, with a



wealth of attractions beyond its iconic Skrandinski Buk waterfall. Cycle trails, monastery islands, Roman ruins, Neolithic caves with ancient inhabitants, an ethno village with workshops and exhibitions, Krka is the ultimate family national park day out.

Looking for an island national park experience? Look no further than Mljet National Park close to Dubrovnik. And if you are looking to get shipwrecked, there are few more beautiful spots to choose from. Just ask St Paul and Odysseus, whose enforced stay enabled them to be among the first tourists to this greenest of islands, half of which is given over to the national park. A different type of



island national park experience awaits in Brijuni, just off Istria, a park with zebras, Shetland ponies, an elephant, golf course and exhibition of the 60 world leaders who visited bearing indigenous animal gifts to former Yugoslav President, who used Brijuni as a semi-permanent base.

But the most popular island national park of all – especially among sailors – is Kornati, whose hauntingly beautiful islands offer among the finest nautical experiences in Croatia, as well as some of the most authentic waterfront restaurants in its many hidden bays.

For the more active national park visitor, Paklenica National Park north of Zadar is home to some outstanding forest and breath-taking sea views, the best of which you can enjoy while indulging in a little climbing and mountaineering. Paklenica is celebrating 70 years as a national park in 2019.

A little further north is the hiking paradise of the North Velebit National Park, the last park to be added to

the list back in 1999. Home to Croatia's most imposing mountains, North Velebit "is recognizable by its preserved biodiversity, richness of the natural phenomena and experience of pristine wilderness."

And if the rain and wet weather are not a problem, there are few more diverse places in Europe in terms of flora and fauna than Risnjak National Park. Located in mountainous and densely forested Gorski Kotar, Risnjak is actually the wettest place in Croatia, boasting more than 1,000 types of flora and sub-species, as well as being a natural habitat for bears, wolves and lynxes.

Many tourists come to Croatia for the beaches, sun and pristine Adriatic, but there is beauty in every corner of this beautiful planet. Nowhere is this more true than in these 8 idyllic national parks (and let's not forget the 11 nature parks as well). For more help in visiting these wonderful natural treasures, the Sun Gardens Dubrovnik team is standing by to help you with your needs.



SUN GARDENS TREASURES INSTAGRAM CHALLENGE

Share your favourite spot(s) around Dubrovnik by taking a picture and posting it on your Instagram profile using #SunGardensTreasures. Best entries will win a prize during the stay at Sun Gardens Dubrovnik! Don't be afraid to walk off the beaten path! For more information about this challenge send us PM on our Instagram account @sun_gardens_dubrovnik.



sun_gardens_dubrovnik



@SunGardensDBK



@SunGardensDbk

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 have 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. Nike gift package included in the rate! For more information and reservations please visit Sports Centre or call 3731 from your room.



MARCO POLO KIDS CLUB

Parents can indulge by the pools, relax at the Spa or have a game of tennis, while children are taken care of by professionals in Marco Polo Kids Club. The Marco Polo Mini Club is designed for children from three to six years while the Marco Polo Junior Club is created for children from seven to ten. The morning session (10 am to noon) and afternoon session (3 pm to 5 pm) are complimentary. Upon advanced request we will arrange babysitting services to take care of the little ones so you can truly unwind.

For more information about the Kids Club please contact our staff by calling Ext. 1897 from your room or + 385 99 2561 226. Our childcare services are very popular so we strongly advise pre-booking your childcare requirements.

DESIRED FIGURE WITHOUT COMPROMISE

Holiday is an ideal time to take some time away from the hustle and bustle of everyday life and to create a calming and personal atmosphere enjoying your own bespoke treatments.

Get ready for the winter holidays with desired figure and experience SPM vacuum facial and body treatments, ideal for a skin firming and lifting effect resulting in better body and face contouring, cellulite reduction and regeneration. In order to achieve the desired treatment results, drink more fluids and reduce salt intake. Visit our Spa Centre for consultation or book your treatment today on Ext. 3720.



EXPLORE THE SEASIDE

Water sports are very popular in Croatia, offering sea lovers much more than swimming or sunbathing.

Enjoy water sports and activities like jet and water skiing, diving, fun rides or exploring the islets on your own with a rented boat.

A Jet Ski Safari is organised with an instructor who follows alongside and supervises and educates participants on professional Jet Ski riding techniques. The islands you will visit are unique and accessible only from the sea, so they are really worth a visit. For those who want to explore and just enjoy the sun, sea and speed without guidance, Jet Ski Rental is a great option. For the experience of flying over the water, choose either a water jet pack or a flyboard and you will have the experience of a lifetime.

You can also explore an underwater world, swim with the fish and enjoy the beauty of this blue world with the course offered by the diving centre. For advanced divers, trips can be organized to interesting locations. With over a thousand islands, islets and reefs in Croatia, this is also a great opportunity to rent a boat and visit Mljet, Korčula,



Lastovo, Hvar or Biševo. Whichever of these options you choose, we are certain you will enjoy the stunning surroundings and have an adventure to remember. For more information visit the H11 team on the beach below Lemonia Pool and let your summer full of adventures begin.

Happy Week

RENT A BOAT

WITH

10% discount for half day rentals

20% discount for full day rentals

KORKYRA JDMC
travel & rental agency dubrovnik
Phone: Ext. 3950
+385(0) 20/361-950



WHAT TO BUY IN DUBROVNIK

Travelling is all about new experiences and cultures. And when in Dubrovnik, a city known for its iconic heritage, it's only natural to look for a perfect token that will remind you of your time spent in the city – whether to share with your loved ones, a special occasion or as a souvenir.

From traditional hand-made ornaments to culinary delights, here are the best authentic products to take home from Dubrovnik!

Traditional Dubrovnik jewellery - Gold, silver or coral - Dubrovnik offers you the chance to take a special piece of history home with you. Goldsmiths in Dubrovnik developed their craft over the centuries - the decorative "rečini" earrings that were once produced in the times of the republic are perfect for women, while men can choose golden cufflinks or "puce".

Konavle embroidery - If you are looking for a perfect souvenir, why not try Konavle embroidery as a piece of art. Framed pictures of embroidery, tablecloths, pillows, handkerchiefs, coasters and dresses all bear the marks of this traditional custom and would grace any home to remind you of your time in this Mediterranean heaven.

Necktie - One of the most well-known Croatian inventions is undoubtedly the necktie. Its importance is shown by the fact that every man in the world will wear this item of clothing at least once in his life. Ties



are made of silk or some other material and are definitely a symbol of style and elegance.

Gourmet delicacies - The perfect Dubrovnik holiday involves a combination of factors: the stunning old town, the beaches, the sun, the culture and the delightful nature. And, of course, the food. Aromatic herbs, the wines of the Dubrovnik Region, liquors, olive oil, sweet delicacies such as jams, marmalades and candid peels – there are so many choices! Check at our Rosetta Grocery Store for inspiration.

Natural cosmetics - One of the best-kept secrets of natural beauty are products made entirely from natural ingredients. In the Franciscan pharmacy in the Old City, you can find products made entirely from the essential oils of a number Mediterranean plants. If you are looking for apitherapy products, check at our Rosetta Health & Beauty Pharmacy for Farmakol natural cosmetics.



ROSETTA HEALTH & BEAUTY

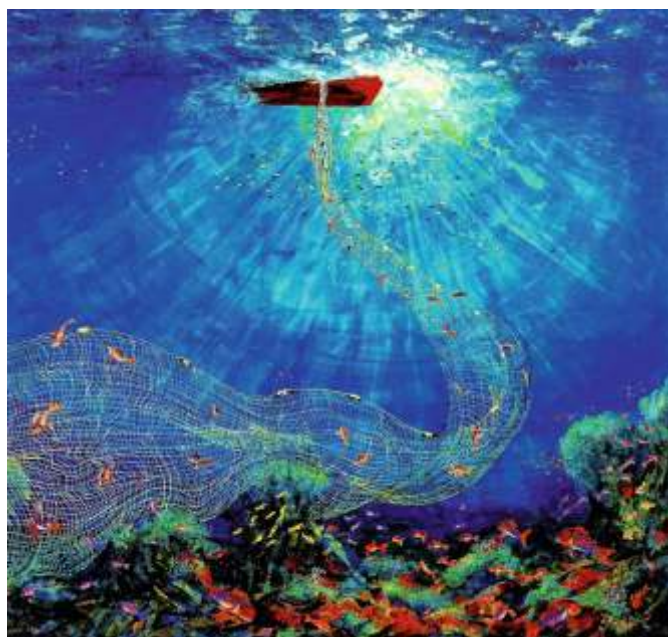
The shopping promenade at Sun Gardens Dubrovnik is located in the heart of the resort - just a few minutes from the hotel reception. In a number of stores, you can find everything you may need for a carefree vacation – from famous fashion brands and accessories, favourite cosmetics and supplies, colourful and original gift ideas to groceries.

A wide range of quality products from beauty care to health, vitamins, supplements and baby products can be found in our brand new pharmacy, Rosetta Health & Beauty. To ensure you're ready for sunny days at the beach, this week we prepared **up to 50 % discount on Futti shoes, sunglasses and cosmetic supplies**. For more information, consult our pharmacists at Rosetta Health & Beauty pharmacy.

ALCESTIS

September 21 / 21.00 / Marin Držić Theater

Alcestis, first performed in Athens in 438 B.C., is the oldest preserved work by Euripides. Lada Kaštelan's adaptation merely tries to eaves drop on its secret and transmit it, without attempting to solve it. What if one's life could be exchanged for another? What if you could receive another person's life in exchange for your own? What if you could return after Death? What are the consequences, what is the price? Merciless questions to which only silence can provide an answer.



ART IS LIFE

Until September 25 / Sebastian Art Gallery

The international art exhibition of paintings and sculptures entitled "ART IS LIFE" is organized by Sebastian Gallery and Stjepko Art Association. The exhibition is named after the postulate of contemporary Croatian painter and sea captain Stjepko Mamić whose paintings will be presented to the audience with two excellent international artists: the Israeli-French sculptor Myriam Sitbon - Mendel and Japanese-French painter Yoshie Araki.

The internationally renowned artist Capt. Stjepko Mamić has attracted international circle of collectors, drawn by his colourful and mystical style and charismatic persona. He has perfected the techniques of contemporary painting at the Academia du Port-Royal, Paris, France and at the Academy D'Arte, Florence, Italy.

LINĐO - MORE THAN A DANCE

September 24 & 27 / 21.30 / Lazareti

There are few things as synonymous with the Dubrovnik region as the folklore dance Linđo. A celebration in Dubrovnik simply isn't a true celebration without the sounds and sights of the Linđo dancers twisting and twirling. The beginnings of the dance in the Dubrovnik region can be traced back to the end of the 18th century, this is a dance rooted in the history of the area. The dance was used as a courting ritual, in the times before nightclubs and discos the Linđo was one of the ways for young men to impress and woo young ladies. The Linđo dance is performed in a group with a main leader, the dance master, shouting out instructions to the dancers. The dance is accompanied by a lijerica - It is said that there are no musical notes written for the lijerica, the music is passed down from generation to generation. Experience a small piece of the living history of the region on September 24 & 27 at 21.30 at Lazareti and take that memory home with you.



TRADITIONAL FLAVOURS OF KONAVLE REGION

One of the most beautiful areas of Croatia, Konavle is located at the southern tip of the country, near Dubrovnik.

Nestled between the Adriatic Sea and the mountainous interior, the fertile fields of Konavle are watered by the Ljuta River and the streams of Kopacica and Konavocica. The picturesque landscape of this region is dotted with traditional stone houses, many of which date from the age of the Dubrovnik Republic. A long tradition of working the land has made Konavle famous for its abundant and healthful produce: delicious tomatoes, aubergines, zucchini, figs, oranges and sheep or goat's milk cheese.

Konavle, with a rich rural tradition, offers truly unique experiences, from winery tours to wine and olive oil tastings, to village crafts, trips on the Ljuta River, and delicious local specialties at traditional restaurants - dishes are based on naturally raised vegetables and tender meats, simply prepared in a traditional way without fuss. Don't miss lamb and kid specialties, baked slowly under an iron lid. This traditional slow-cooking method, called "ispod peka," uses hot coals and an iron lid to keep the meat deliciously juicy and tender, full of natural flavour. Another traditional favourite is "zelena menestra," a dish of roasted meats, greens, and potatoes, which was first described in documents from 1580, and which is still prepared today in the same way.

A special place on every dining table of Konavle is reserved for virgin olive oil, prepared according to



PHOTO: [HTTPS://VISIT.CAVTAT-KONAVLE.COM](https://visit.cavtat-konavle.com)

traditional recipes by village craftsmen. The olives are harvested by hand, and the best fruits selected for the cold pressing process. They emerge as oil of the highest quality, distinguished by its specific taste, colour and scent. Olive oil tastings are offered in several old family homes in Konavle, where, along with oil and presses, visitors can see tools, costumes and other traditional elements of daily life. This first class olive oil is used to create another speciality of this area: cheese aged in oil, which is served with domestic prosciutto.

The traditional dishes of Konavle are best enjoyed with local wines. More than 40 different local wines include indigenous and international varieties such as Maraština, Grk, Pošip, Merlot, and Plavac. The most famous Konavle wine is Dubrovnik Malvasija, whose vines have been raised exclusively in the fields of Konavle, ever since the days of the Dubrovnik Republic.



PHOTO: [HTTPS://VISIT.CAVTAT-KONAVLE.COM](https://visit.cavtat-konavle.com)

SCENTS AND FLAVOURS OF AUTUMN

Experience the Best of the Mediterranean!

Mediterranean cuisine is well-suited to such trends as it focuses on seasonal vegetables and fruits, legumes, whole grains, seeds and nuts, olive oil, fish and a limited intake of meat and dairy products. And in Croatia, we adore Dalmatian cuisine, which is one of the healthiest in the world! It includes the best of the Mediterranean way of cooking, but also incorporates elements from the Dalmatian hinterland and Croatia in general. The basic concepts are very simple: the freshest, seasonal local ingredients, simple recipes and traditional home cooking.

CILANTRO

Inspired by a desire to explore the Mediterranean region, an award-winning Cilantro restaurant is a diner's gem that you mustn't miss. Dish like Beef tenderloin served with roasted pumpkin, asparagus, coriander and Plavac mali wine sauce should be on your must-try list. Tender and juicy every slice of this meat rhapsody simply melts in your mouth. On Saturday and Sunday enjoy the guitar sounds played by talented Pero Škobelj (Saturday) and Davor Čupić (Sunday).



LA PASTA

Take a culinary journey at La Pasta, a modern restaurant specializing in fresh and simple Italian cuisine. If you are looking for a recommendation make sure to try fresh and delicious Salad La Pasta with mixed leafy lettuce, roasted mushrooms, artichokes, roasted chicken fillet and Grana Padano cheese. Now this is the salad that shows that salads are anything but boring and tasteless! Far from ordinary, at La Pasta you will also experience the fresh pasta and freshly made pizza all served against the backdrop of innovative décor in woody surroundings.

MARASKA LOUNGE BAR

The Maraska Lounge Bar is known for its modern ambiance, signature cocktails and spectacular views over the sea and the Elaphite islands. Don't miss your chance to relish good atmosphere savouring signature cocktails. We recommend Rosalina, our absolute favourite. Contemporary dining menu offers a variety of light choices such as Veal Chop in mushroom sauce. In addition to cocktails, dining and great views, enjoy easy listening live music on Saturday evening.



WEATHER FORECAST Sep 21 - Sep 28



Sep 21
22°C HI
16°C LO



Sep 22
23°C HI
16°C LO



Sep 23
26°C HI
14°C LO



Sep 24
26°C HI
15°C LO



Sep 25
26°C HI
16°C LO



Sep 26
27°C HI
16°C LO



Sep 27
26°C HI
18°C LO

For update please visit 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

SUN GARDENS MARINA-OLD TOWN DUBROVNIK

11.00 / 17.30

OLD TOWN DUBROVNIK-SUN GARDENS MARINA

15.30



BOAT RIDE TO LOPUD*

RETURN TICKET: 150 HRK

SUN GARDENS MARINA-LOPUD ISLAND

Tuesday, Thursday & Sunday: 10.00

LOPUD ISLAND-SUN GARDENS MARINA

Tuesday, Thursday & Sunday: 16.45



BOAT RIDE TO LOKRUM*

RETURN TICKET: 200 HRK

SUN GARDENS MARINA-LOKRUM ISLAND

Wednesday & Friday: 11.00

LOKRUM ISLAND-SUN GARDENS MARINA

Wednesday & Friday: 15.45

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.

* A minimum of 6 pax

OPENING HOURS OF RESORT FACILITIES

BARS & RESTAURANTS

Reservations: ☎ 3215

Origano Restaurant	7.00 - 10.30 / 19.00 - 22.00
Rooftop Breakfast	8.00 - 11.00
The Market	19.00 - 23.00
La Pasta	12.00 - 23.00
Cilantro lunch (Closed on September 21 & 25)	12.00 - 16.00
Cilantro dinner (Closed on September 26)	19.00 - 23.00
La Patisserie (Sandwich bar 12.00 - 17.00)	10.00 - 22.00
Room Service	7.00 - 24.00
Maraska Lobby Bar (Food served from 10.30 - 23.00)	8.00 - 24.00
Lemonia Pool Bar	10.00 - 18.00
Sunset Pool Bar (Closed on September 22 & 25)	10.00 - 18.00
Marina Pool Bar (Closed on September 21)	10.00 - 18.00
Beach Bar	10.00 - 18.00

SPA, SPORTS & SHOPPING

Spa Centre (☎ 3720)	7.00 - 21.00
Sports Centre (☎ 3731)	7.00 - 22.00
Rosetta Grocery Store	8.00 - 20.00
Rosetta Health & Beauty (Closed on Wednesday)	8.00 - 20.00
Rosetta Surf & Fun	10.00 - 18.00
Physical Therapy (Closed on Sunday)	9.00 - 12.00 / 16.00 - 20.00
L&P Hair & Make-up Salon (Sat 8.00 - 20.00, Sundays closed)	10.00 - 20.00
Concierge (☎ 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 ARE AT THE SPORTS CENTRE, UNLESS SPECIFIED OTHERWISE.

LEISURE ACTIVITIES

	SAT	SUN	MON	TUE	WED	THU	FRI
MORNING			YOGA 8.00 (14+ YRS)	YOGA 8.00 (14+ YRS)	YOGA 8.00 (14+ YRS)	YOGA 8.00 (14+ YRS)	YOGA 8.00 (14+ YRS)
	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)
AFTERNOON			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)
	5A SIDE FOOTBALL (COME & PLAY) 17.00	5A SIDE FOOTBALL (COME & PLAY) 17.00	5A SIDE FOOTBALL (COME & PLAY) 17.00	5A SIDE FOOTBALL (COME & PLAY) 17.00	5A SIDE FOOTBALL (COME & PLAY) 17.00	5A SIDE FOOTBALL (COME & PLAY) 17.00	5A SIDE FOOTBALL (COME & PLAY) 17.00
			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)