



SUN GARDENS

DUBROVNIK

NEWS

LIFESTYLE CULTURE FOOD MAGAZINE

## *The Neretva Valley*

GARDENS OF DUBROVNIK REGION

## *Active Relaxation*

START THE JOURNEY TO PERFECT HARMONY

## *Discover the Wines of the Dubrovnik Region*

GET YOUR GLASS READY: SOMMELIER RECOMMENDS



# WELCOME TO SUN GARDENS DUBROVNIK

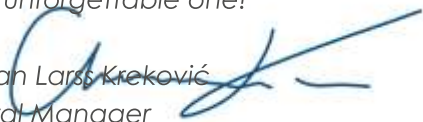
Dear Guests,

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.

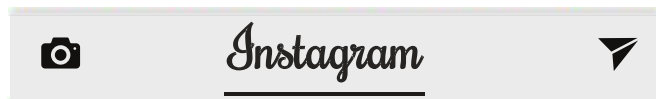
If there is anything we can assist you with during your stay, please do not hesitate to contact the Concierge, the Manager on Duty or myself.

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

Christian Lars 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



### THE TRSTENO ARBORETUM

About a five-minute drive from Sun Gardens Dubrovnik, you can discover the oldest arboretum in Europe, a 500-year-old Renaissance garden featuring more than 300 species of exotic plants collected from around the world over six centuries.

### SIGNATURE COCKTAILS

Soak in the stunning views of the sea and the nearby islands as you unwind, relax and catch up on the day's events in the modern surroundings of the Maraska Lounge Bar. Choose from an irresistible selection of drinks, including signature cocktails such as flawlessly balanced Rosalina, fresh Soderini, luxurious Ruby Tonic and our all-time favourite Mare Nostrum.

### ELAPHITE ISLANDS

Dalmatia is known as one of the great sailing destinations of Europe, with its spectacular coastline, endless islands and pristine waters. Learn a little about sailing, discover beautiful islands and leave plenty of time to go swimming in one of the many hidden coves on our gorgeous coastline.



# 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

## THE NERETVA VALLEY

*It is though it was planned, somehow prearranged, by a greater spirit. All the moons were in alignment when the Neretva Valley was created, and man helped along the way to polish this already shining diamond.*

From the first time you lay eyes on the Neretva Valley you'll have the "wow effect," and for good reason. The highway snakes along the coastline and then, almost in a Western movie, turns through a high mountain ridge and in a flash a panorama of a vast plain opens up before you. The Neretva River spears through this enormous expanse, like an arrow piercing through the air, long and straight. Stop for a while to take in and admire the view and it will become clear that this mighty river has been beavering away for centuries, slowly but surely forging a path to the Adriatic Sea.

And what nature has brought, man has profited from. Known by many as the "mandarin valley" the Neretva basin's rich soil, from years of sediment, has brought many a successful harvest for the inhabitants. Over the generations families have worked the land, cut their own channels from the Neretva River to feed their crops. The combination of



rich soil and a constant supply of fresh water is a winning one. This region is the garden of Dubrovnik. These fields and plantations have supplied the Dubrovnik region and beyond with high quality fruit and vegetables. It is estimated that there are 1.4 million mandarin seedlings in the valley, producing over 60 tonnes of mandarins every year. Harvest time in the valley means all hands to the pumps. And it isn't only the locals that pluck the fruit from the trees, tourists are also invited to help, let's face it there is plenty of fruit to go around. As you drive through the valley you will notice roadside stands selling all kinds of local produce, from the tree to your mouth. Apples the size of melons, melons the size of





beanbags, ruby sweet cherries, oranges that drip in flavour and juicy lemons, all of this and more grow in the Neretva Basin.

From its humble beginnings in the mountains of Bosnia and Herzegovina the Neretva River plays an important role in the life of the people it touches. It provides drinking water, drives hydroelectric power stations, is used as a means of transport and feeds the crops of the Neretva valley. Its final meeting with the Adriatic is a crescendo after its long journey. The river estuary opens its wide mouth to the sea and is still somewhat undiscovered by visitors to the region. Wetlands, marshes and lagoons that form as the river empties into the sea are abundant with wildlife, if you are a bird lover then the expansive estuary is a must see. Kingfishers, Oystercatchers, egrets and herons, amongst others, all live in harmony and in relative solitude in this stunning nature.

The river has also shaped the inhabitants, shaped their future and their past, brought trade, caused

conflict and also prosperity. The Romans discovered the area and built a stronghold in the 1st century. The remains can still be seen today in the Narona archaeological museum where you will see relicts of an ancient civilization. In fact the Narona museum is the only one in the whole of Croatia that is constructed at the site of a Roman temple. The towns of Metkovic and Opuzen both lie on the banks of the Neretva River and have traditional restaurants offering the best of Neretva cuisine. Eels and frogs are a local specialty, as well as game and seafood. And if you really want a taste of Neretva then try the highly acclaimed "Neretva Brodetto," a stew like no other.

Neretva Valley will leave you with a smile on your face and a sense of harmony with nature. We'd also recommend taking a few bags of those juicy mandarins back with you!



## SPECIAL OFFER

10% discount on all  
Tailor made excursions

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



# PUTTING THE GARDENS INTO SUN GARDENS DUBROVNIK

*The key elements of a Mediterranean garden are light, warmth, simplicity and relaxation – core elements of a stay at Sun Gardens Dubrovnik.*

The atrium gardens of the apartments were conceived as green oases. These can be traversed on existing paths and contribute to the view from the balconies and terraces. The atriums have been given their Mediterranean distinctiveness with the with aromatic and blooming plants plants, as well as cypress trees, loquat, pine, roses, bourgainvillea, oleander, colourful Lantana, Geraniums and Begonias adding a dash of colour to this already aromatic combination. The range of Crape-myrtle



and oleanders planted next to the staircases and their long-lasting lavish blossoms contribute to the relaxed nature of your stay. The green roofs are distinctly visible from planes flying into Dubrovnik, so don't forget to look out as you approach to get your first glimpse of the natural and blossoming beauty of our resort!

The lavish gardens can be enjoyed 12 months a year, with May to October the best time to observe them in full bloom and in all their majesty. They are there for you to enjoy – a walk after breakfast, a stroll before dinner. Inhale the aromas, admire the blossom, get inspired by the herbs – the Mediterranean garden is a sensual experience for all the senses.

## EXPERIENCE SUN GARDENS DUBROVNIK'S CURATED ART COLLECTION

Branimir Medić and Pero Puljiz combined to create one of the most architecturally dramatic resorts at Sun Gardens Dubrovnik. The vision for the resort was to create a warm and personal atmosphere within the hotel but capture the expansive views of the Adriatic Sea and Elafite Islands. One of the features at Sun Gardens Dubrovnik decorating project was the use of Croatian resources, such as materials, equipment and decorations, and also the selection of artwork, which was specially chosen. Fun fact: every item of artwork adorning inside the hotel was done by Croatian authors. Discover them all!





## ACTIVE RELAXATION

In these modern times making time for you can be a challenge. Work obligations, family and the rush of daily life means finding time to dedicate to your wellbeing is harder than ever before. That's why holiday is a perfect time to take care of yourself and get things back on track.



## BOOSTER NANO FACIAL TREATMENTS

Daily stress and an unhealthy way of life are quick to leave a mark on your face. 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. Make sure that your complexion stays in balance during the holiday and experience unique booster nano facial treatments!

Discover Natural skin regeneration with 99.9% pure gold, peptides and various plant extract boosters to hydrate your skin and to reduce wrinkles or BB Glow treatment that evens out imperfections and discolorations leaving your skin tone with immediate coverage and long-lasting beauty without overstimulating the skin. A cold drink at the juice bar and incredible Adriatic Sea views at the Spa terrace will provide the perfect finish to your relaxing session. For more information and reservations please visit the Spa centre or call 3720 from your room.



## 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. Half an hour is only 200 HRK (27 EUR), while the full hour is 300 HRK (40 EUR).



## GROUP CLASSES

If you are hoping to achieve your fitness goals and you feel that now is the right time to do so! A personalized workout, whether it's one on one at the gym, Pilates or functional training, will enable you to keep your motivation high and perform exercises in the proper way. Book your session with private trainers for 200 HRK per hour by visiting our Sports Centre or dialling 3731 from your room.



## 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, train with our professional tennis instructors for an additional hourly charge of 400 HRK (54 EUR).



## SHOPPING PROMENADE

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. For more information, consult our pharmacists at Rosetta Health & Beauty pharmacy. And if you are looking for a perfect token that will remind you of your time spent in the city visit the Rego store at the reception level. From traditional hand-made ornaments to soaps of medicinal herbs from Croatian coast and islands, you will find the perfect gift to take home from Dubrovnik.



## NOSTALGIA CHRISTMAS SHOP

One of the most unusual facts about Dubrovnik is that Christmas is available all year round. While we can't say that this is exactly a long-standing tradition dating back centuries, Dubrovnik has its very own Christmas Shop in the heart of the Old City, which is open all year. This is one of the few places where you can rekindle the Christmas spirit in sandals and chose from handmade Christmas memorabilia souvenirs that will remind you of Dubrovnik each holiday season. So if you are planning for a little early Christmas shopping, you have come to the right place.



## 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



# DUBROVNIK'S CULTURAL SCENE

With its unparalleled beauty and proud history the Old City of Dubrovnik has been a constant source of inspiration for artists over the centuries. Authors have created timeless poetry, sculptors formed granite-hard stone into delicate figures and painters brought life to the city's landscapes. The melody of the stone facades has also enthused composers down the centuries to sparkle in the Mediterranean sunshine. And as you walk around the ancient city today you can still hear classical tunes echoing in the stone architecture. Dubrovnik is a living city, a city with a heart and soul, and music brings that soul to life.



Children practising the cello, world famous artists tuning up before a major concert or friends gathered around with a guitar and piano, these are the sounds of Dubrovnik's soul. The citizens are rightly appreciative of their history, especially their musical heritage.

Dubrovnik is a city that charms with its cultural scene, festivals, open air concerts, as well as concerts in historic venues, gardens, next to the sea.... Artists from all over the world provide unforgettable enjoyment for Dubrovnik's guests through superb performances on picturesque stages – don't miss some of this week's programme!

## PICTURES AT AN EXHIBITION

September 28 / 12.00  
Dulčić Masle Pulitika Gallery

The project is performed as a cycle of music matinées at Dulčić Masle Pulitika Gallery. The place dedicated to three prominent Croatian painters of the 20th century becomes the place of musical performances in the historical centre of Dubrovnik. At the trail of the magnificent colours of Mediterranean landscaping and the creation of three famous Croatian painters, the program which is performed represents a collection of works by prominent Croatian and foreign composers, which is powerfully coloured by the sounds and atmosphere of the permanent exhibition in the Gallery.

# LINĐO - MORE THAN A DANCE

October 4 / 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 October 4 at 21.30 at Lazareti and take that memory home with you.





# 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 Kaštelski, 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.

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.





# CILANTRO - INTRODUCTION TO AN AWARD-WINNING RESTAURANT



*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.

Named after the Spanish word for coriander, cilantro is referred to as the early stage of the plant with leaves but no seeds. 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 from the spectacular open kitchen and enjoy a light lunch or a quiet romantic dinner.

Make sure you don't miss the dishes that identify the Cilantro restaurant. To start, we recommend fresh avocado salad with feta cheese, tomatoes, basil, purple onion, black olives and chilli for light lunch or juicy Ston oysters, served raw for dinner. For a main course, try our John Dory and Sea bass served with Swiss chard & potatoes enhanced with tomatoes, garlic and olive oil, and at the end of the meal, don't forget to treat yourself with delicious chocolate truffle and fruit tart. Bon Appétit!

## 2019 AWARDS

Cilantro restaurant is declared as the winner in several categories in the 2019 World Luxury Restaurant Awards. We would like to highlight two of them that we are especially proud of: best Luxury Resort Restaurant in the region & best Mediterranean Cuisine in the Europe. This awards serve as recognition of sustained commitment to service excellence and outstanding achievement in the international luxury restaurant industry.



Authentic ingredients bursting with flavour and modern culinary techniques make Cilantro the perfect choice for discerning diners seeking delightful dishes in chic surroundings with a breathtaking sea view. For table reservations please contact Concierge at 3566 for recommendations.



## WEATHER FORECAST Sep 28 - Oct 4



Sep 28  
24°C HI  
19°C LO



Sep 29  
24°C HI  
20°C LO



Sep 30  
24°C HI  
19°C LO



Oct 1  
26°C HI  
16°C LO



Oct 2  
25°C HI  
16°C LO



Oct 3  
24°C HI  
16°C LO



Oct 4  
24°C HI  
15°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

#### 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

#### OLD TOWN DUBROVNIK-SUN GARDENS MARINA

15.30



### BOAT RIDE TO LOKRUM\*

RETURN TICKET: 200 HRK\*

#### SUN GARDENS MARINA-LOKRUM ISLAND

Tuesday & Thursday: 11.00

#### LOKRUM ISLAND-SUN GARDENS MARINA

Tuesday & Thursday: 15.45

\*Entrance fee to nature reserve Lokrum is not included

### 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

<b>Origano Restaurant</b>	7.00 - 10.30 / 19.00 - 22.00*
<b>Rooftop Breakfast</b>	8.00 - 11.00
<b>The Market lunch</b> (From October 3)	12.00 - 16.00
<b>The Market dinner</b>	19.00 - 23.00**
<b>La Pasta</b> (From September 30 until 22.30)	12.00 - 23.00
<b>Cilantro lunch</b>	12.00 - 16.00
<b>Cilantro dinner</b>	19.00 - 23.00**
<b>Butcher's Grill lunch</b> (From October 3)	12.00 - 16.00
<b>Butcher's Grill dinner</b> (From October 2)	18.00 - 22.30
<b>La Patisserie</b> (Sandwich bar 12.00 - 17.00, until Sep 30)	11.00 - 21.30
<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>Vino Bar</b> (From October 2)	18.00 - 24.00
<b>Lemonia Pool Bar</b>	10.00 - 18.00
<b>Sunset Pool Bar</b> (Closed on September 29)	10.00 - 18.00
<b>Marina Pool Bar</b> (Closed on September 28)	10.00 - 18.00
<b>Beach Bar</b>	10.00 - 18.00

\*Closed for dinner on October 3 & 4

\*\*On September 30 & October 1 until 22.30 / From October 2, 18.00 - 22.30

### 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>Rosetta Surf &amp; Fun</b>	10.00 - 18.00
<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 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)