



SUN GARDENS

DUBROVNIK

NEWS

LIFESTYLE CULTURE FOOD MAGAZINE

Pelješac Peninsula

HEAVEN FOR SEAFOOD LOVERS & WINE CONNOISSEURS

2019 Junior Magazine Awards

GOLD MEDAL FOR BEST FAMILY HOTEL

Gourmet Heaven

FROM GOOD FOOD FESTIVAL TO COOKING CLASSES

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.

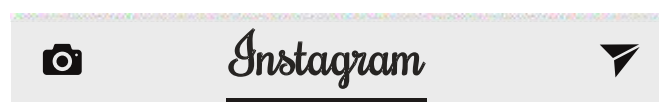
If there is anything we can assist you with during your stay, please do not hesitate to contact the Concierge, the Manager on Duty or myself.

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



'GAME OF THRONES' TOUR

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!

MARITIME MUSEUM

At the Maritime Museum, you can marvel at Dubrovnik's rich maritime history and how its sailing tradition has evolved over the centuries, all the way since Antiquity. Today it holds over five thousand objects classified into fifteen collections.

LIFE ACCORDING TO KAWA STORE

Dubrovnik is becoming a hotbed of Contemporary Croatian Design thanks to Life According to Kawa, the one-stop design shop that serves as a unique showroom for the country's creative energies.

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

PELJEŠAC PENINSULA - HEAVEN FOR SEAFOOD LOVERS AND WINE CONNOISSEURS

Pelješac is home to so many unique experiences, from winery tours and tastings, to the finest seafood restaurants, to oyster and mussel tastings.

These are among the many adventures awaiting visitors to the unique natural phenomena of Pelješac. The Pelješac peninsula is the perfect destination for seafood lovers and wine connoisseurs. This is an area of environmental diversity and pristine natural beauty, enchanting bays, and fresh air scented by aromatic herbs and the Adriatic Sea. This is where Croatia's best wines have been created, drop by drop, for centuries. These wines complement a rich selection of fresh fish and seafood, to make Pelješac a true oasis of dining enjoyment.

A culinary journey through Pelješac begins in Ston, a medieval town from the 15th century, known for its 5,5 km defensive wall system. It is also home to the oldest continuously-operating salt pans in the world, which produce salt by natural methods preserved from ancient times.

The Bay of Ston has also been widely known since Roman times for its oyster and mussel farms, while



oysters from Ston have been considered a natural aphrodisiac since ancient days. Ston's most famous restaurants are often found on the list of the best restaurants in the Dubrovnik area, and are renowned for their seafood dishes. For a truly special experience, try an oyster picnic. Board a small boat through the oyster farms, pull up the oysters fresh from the bay, and taste them on the spot with a slice of lemon. The fresh flavour and scent of these natural oysters is the best gift for a discriminating palate.



Not far from Ston are many beautiful natural bays and hamlets, whose olive fields and vineyards have graced the landscape for centuries. The mild Mediterranean climate, carefully chosen location, and abundant sunshine give the wines of this region their exceptional quality. The carefully aged wines of Pelješac, which today can be found at many international exhibitions, can be tasted in the wine cellars of Potomje, Trstenik, Kuna, and Donja Banda.

The most famous Pelješac wines are Dingač and Postup. Dingač is an excellent dry red wine, grown in limited areas on the Pelješac peninsula. It is made from an indigenous variety of plavac mali grape, from the settlement of Dingač, located on the steep southern slopes of the Pelješac peninsula. The deep ruby red colour, distinctive and luxuriant bouquet, the finely accented varietal aroma, and harmoniously full flavour.

Postup is a red wine of the highest quality, whose specific geographic origin is dedicated to the production of the Plavac mali grape variety, on the southern slopes of the Pelješac peninsula. Postup has a dark ruby colour, and full bodied flavour with acidic notes. In 1961, Dingač wine was protected under the Geneva Convention and became the first Croatian wine protected by law. Postup was the second wine to receive this recognition in 1967.



MALISTON'S OYSTERS

Oysters, the shellfish of seduction, are one of the greatest specialities of the Southern Dalmatian coast, particularly those from the village of Mali Ston, just north of Dubrovnik. The romantic properties of oysters have been known since ancient times; the Dubrovnik Republic's aristocrats savoured them at luxurious renaissance feasts. Gastro Tip - The flesh of fresh oysters should be a grey white colour, firm but tender, with a pleasant aroma of the sea. Good oysters for eating must be cold, fresh, of a medium size, tender and juicy with a good taste. Scoop out the flesh with a sharp knife or oyster fork and drizzle quickly with fresh lemon juice. Eat immediately, swallowing the oyster whole. The palate will retain a beautiful flavour of the sea, offset perfectly by the sharpness of the citrus.

SPECIAL OFFER

10% discount on all
Tailor made excursions

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



10 FUN FACTS ABOUT DUBROVNIK

Lord Byron described Dubrovnik as the 'jewel of the Adriatic' and its bewitching mystery and beauty led George Bernard Shaw to consider its sublime setting as a 'paradise on earth.'

The architecture of Dubrovnik has long been regarded with wonder, not least by those who are inspired by the rich history it evokes. Invaders, travellers, monarchs and writers have waxed lyrical about the beauty of this marbled city, hidden behind medieval stone walls whose warmth in the sun perhaps belies the strength they offer to all those who live within them. You can walk along the wide marble streets, visit Baroque buildings, revel in a past which reflects Roman, Byzantium and Venetian influences, retrace Napoleon's steps as you marvel at the beauty of the city and enjoy Dubrovnik's chic European lifestyle.

Wind your way through the cobbled side streets or stride along the main street, the Stradun, and sooner or later your path will lead you to one of the various squares in the Old City. A typical medieval city with large open spaces, needed for public and private business, the Old City is living proof of harmonious urban planning.

And although you might think you've heard everything about Dubrovnik, here are some interesting history facts we are sure you didn't know about:

1. Until 1808 Dubrovnik's official name was Ragusa
2. The Republic of Dubrovnik was the first state in the world to recognise the United States of America (in 1776)
3. Dubrovnik City Walls have never been breached
4. World's third oldest, still functioning, pharmacy is located in Dubrovnik
5. The Republic of Dubrovnik officially banned slavery 600 years ago
6. Dubrovnik had the first orphanage in the world
7. Dubrovnik has a medieval sewer system dating from 1296 which is still in use today
8. Dubrovnik's Insurance Law is the oldest in Europe (validated in 1395)
9. Dubrovnik had some colonies, interestingly, one of those was in a village called Gandaulim, in Old Goa, India - The Church of St. Blaise still stands there today
10. At the time of the Dubrovnik Republic when wind jugo was blowing, no important political decisions could be made

So do not miss to explore the unique atmosphere inside the solid city walls of Dubrovnik Old Town. Sit a while, enjoy the view, people watch, buy a souvenir...and immerse yourself in the city's centuries-old legacy.



JUNIOR DESIGN MAGAZINE AWARDS 2019

We are humbled to announce that, this year, after winning Silver medal for Best Family Hotel (UK and worldwide) at Junior Magazine awards in 2018, **Sun Gardens Dubrovnik** won **Gold** medal for **Best Family Hotel (UK and worldwide)** at **Junior Magazine awards in 2019!** This luxury award that is the most esteemed accolade in the family lifestyle award arena, recognised by brands, clients and consumers alike.

This is the third year running that we won an award for excellence. As Bonita Turner, Editor of Junior said in her judging notes "Steeped in history, with sweeping coastlines and views, Sun Gardens Dubrovnik is the sort of resort where you can leave all your cares behind and enjoy a stress free family holiday. I have let to visit this beautiful Country - but, it on my list and I wouldn't look any further that Sun Gardens Dubrovnik."



SPORTS & FOOTBALL SCHOOL FOR KIDS



This October, children aged 7 to 13 are welcome to join Sports and Football School at our Sports Centre. There is no better place for them to take part in training programs for their favourite sport such as football, basketball, squash, gymnastics and wall climbing. In a fun and safe environment, Football School offers 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. For more information please visit Sports Centre or call 3731 from your room.

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.



AROMATHERAPY CANDLE MASSAGE

The Spa Centre is the place to experience the variety of holistic rituals as a brand new taste of different cultures or the completely personalized romantic couple programs. All these rituals are tailor-made, adapted to every individual's needs, based on expert approach. Unwind with a perfect blend of hydrated soybean wax & essential oils and experience Orioli aromatherapy moments with our new exquisite candle massage.

For more information and reservations please visit Sun Gardens Spa Centre or call 3720 from your room.



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's Centre - from well-equipped gym, indoor courts and wall climbing to outdoor tennis and football, our sport's centre has something for everyone.



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 before they can climb the wall 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).



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 (20 EUR) per person for 90 minutes.



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).



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.

STRADUN CLASSIC

4 October - 11 October 2019 / Rector's Palace

The renowned Croatian clarinettist Marija Pavlović has been Artist-in-Residence of the Dubrovnik Symphony Orchestra since 2018. Together with the Orchestra she has founded a new festival, Stradun Classic, a new festival for orchestra, chamber music and soloists. The idea of this festival is to have a top chamber music festival in Dubrovnik, with world-class musicians who will perform in chamber and as soloists as well. Members of the Orchestra also have the opportunity to play chamber music with the guest artists.



LINDO - MORE THAN A DANCE

October 8 / 21.30 / Lazareti

There are few things as synonymous with the Dubrovnik region as the folklore dance Lindo. The Lindo 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 8 at 21.30 at Lazareti and take that memory home with you.

EARTH, SEA & FIRE

October 11 & 12 / Gruž district

Dubrovnik Triathlon Event will take place on October 11 & 12, 2019 - offering two distances: Sprint and Olympic. This is a race for everybody: first-timers and Ironman finishers, families and fans. Flat course, calm sea waters, a multi-lap race, offering two distances for individual athletes and relay teams.

AUTUMN MUSIC VARIETY

15 October - 25 October / Rector's Palace

Autumn Music Variety is a Festival which takes place for the fifth year in Dubrovnik and it consists of three concerts. It is well known for its variety; Dubrovnik Symphony Orchestra takes audience from classical and popular music to gypsy jazz music. 2019 program includes symphony concerts, chamber music concerts as well as recitals that will take place in the Rector's Palace atrium. All information and tickets are available at +385 20 417 110 as well as at sales@dso.hr.

DUBROVNIK GOOD FOOD FESTIVAL

Good Food Festival – a gastronomic treat for all food lovers – will take place from 14th to 20th of October 2019. This year's sixth edition is dedicated to delicious food and top local wines.

Don't miss numerous workshops and learn how to prepare traditional Dubrovnik sweets and dishes, and step up your food styling and photography. Special treat for dessert lovers – join the Festival and learn how to prepare traditional Dubrovnik desserts.

The central event for all visitors of the festival will be dinner with a celebrity chef, which, apart from the gourmet program, will feature a music program that will add to the atmosphere. The highlight is the well-known Dubrovnik Table that stretches along the entire span of Stradun, where many Dubrovnik restaurants, pastry chefs and top kitchens will be presented, putting their knowledge and skills on display.

Don't miss this year's edition of Good Food Festival, one of the best foodie festivals in all Europe that will bring together many lovers of original, traditional, but also modern dishes and will surely delight every visitor, just as it did in the past five editions of the festival.



COOKING CLASS

Essentials of authentic Dalmatian cuisine

Dalmatian cuisine is attracting increasing international attention, and with good reason. Its secrets lie in its simplicity and freshness of ingredients found in the Mediterranean region, blended with an old grandmother recipes.

Put the aprons on and take the opportunity to cook alongside our top chefs. Even those who are not keen on cooking will agree that the opportunity to cook with prime chefs is an amazing adventure that will open new horizons.

Our three-day Cooking Classes, available until October 31 will introduce you to the wonders of this healthy traditional cuisine. Learn the art of preparing fish the Dalmatian way, the regional meat classic of paštica and home-made gnocchi, with the imperious rozata dessert to finish.

For more information please contact Concierge.

CILANTRO - INTRODUCTION TO AN AWARD-WINNING RESTAURANT



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!

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.

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.



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.



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 Pappardelle with prawns. This delicious and rich in flavour dish is served with velvety sauce infused with white wine, chili, garlic and parmesan cheese. Far from ordinary, at La Pasta you will experience the fresh pasta, freshly made pizza and salads all served against the backdrop of innovative décor in woody surroundings. The secret of our pizzas? An open kitchen with an oven exclusively for baking pizzas offers diners a wonderful dining experience.

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

Origano Restaurant	7.00 - 10.30 / 19.00 - 22.00
Rooftop / Giradino Breakfast (Until October 20)	9.00 - 12.00
La Pasta (Until October 27)	12.00 - 23.00
Cilantro lunch (Until October 20)	12.00 - 16.00
Cilantro dinner	18.00 - 22.30
Room Service	7.00 - 24.00
Maraska Lobby Bar (Food served from 10.30 - 23.00)	8.00 - 24.00
Lemonia Pool Bar (Until October 20)	10.00 - 18.00
Sunset Pool Bar	10.00 - 18.00

SPA, SPORTS & SHOPPING

Spa Centre (☎ 3720)	8.00 - 21.00
Sports Centre (☎ 3731)	7.00 - 22.00
Children Playroom	7.00 - 22.00
Rosetta Grocery Store*	8.00 - 20.00
Rosetta Health & Beauty* (Closed on Wednesday)	8.00 - 20.00
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

* Open until October 15.

** For reservations after October 15 please contact Concierge.

**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.
YOGA CLASSES ARE AVAILABLE UNTIL OCTOBER 11.**

LEISURE ACTIVITIES

SAT	SUN	MON	TUE	WED	THU	FRI
		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)
		FOOTBALL SCHOOL FOR KIDS 16.00 (7-13 YRS)		FOOTBALL SCHOOL FOR KIDS 16.00 (7-13 YRS)		FOOTBALL SCHOOL FOR KIDS 17.00 (7-13 YRS)
			SPORTS SCHOOL FOR KIDS 17.00 (7-9 YRS)		SPORTS SCHOOL FOR KIDS 17.00 (7-9 YRS)	
			SPORTS SCHOOL FOR KIDS 18.00 (10-13 YRS)		SPORTS SCHOOL FOR KIDS 18.00 (10-13 YRS)	
		BODY WEIGHT WORKOUT 17.00 (14+ YRS)	TOTAL BODY SURPRISE 17.00 (14+ YRS)	BODY WEIGHT WORKOUT 17.00 (14+ YRS)	TOTAL BODY SURPRISE 17.00 (14+ YRS)	BODY WEIGHT 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
		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)