



BOOTCAMP

Boot Camp	Time
Session 1	14:00-14:30
Session 2	15:00-15:30
Session 3	16:00-16:30

Run by the British Military Fitness team; come & squat, jump, skip and have some serious fun! All ages and fitness levels welcome.



Music theme	Time
Movies	13:00
Clubbing	14:00
Disney	15:00

We have 10 bikes. You have 30mins max and need to be 16yrs+. Each hour has a music theme.

Timetable of Events

Something for everyone. All activities are supervised by qualified instructors and are **FREE**. Come and join in, even if its to cheers neighbours on.

To book go to dramaydayolympics.eventbrite.co.uk or just turn up

Taster Sessions

Located in the quieter zone, come and try something new! Suitable for all fitness levels and ages.

Class	Time
Zumba Gold	13:00
Jiu Jitsu	13:30
Pilates	14:00
Zumba Gold	14:30
Yoga	15:00
Jiu Jitsu	15:30



All participants enter at own risk

All activities **FREE!**

Races!

We'll have lanes marked on Divinity Road, a whistle and PRIZES!! Come and set a new PB and have a laugh!

Age Groups	Time
10 - 15 years	13:15
16 - 18 years	13:30
19 - 34 years	13:45
35 - 59 years	14:00
60+ years	14:15
Finals!!	14:30
Kids fun races begin.... Egg & spoon/sack races	15:00

