

MANOR HOUSE ACTIVITY PROGRAMME

NO	ACTIVITIES	NEW	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		ACTIVITIES	NO
			AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM		
1	Pottery		10.00 - 1.00 Pottery 2		9.30 - 1.00/4.00		9.30 - 1.00/4.00		9.30 - 1.00/4.00		10.00 - 1.00 Pottery 2		9.30 - 1.00/4.00		9.30 - 1.00/4.00		10.00 - 1.00 Pottery 2		Pottery	1
2	Fabric/Indian Block Printing				9.30-1.00		2.00-5.30				9.30-1.00			9.30-1.00				9.30-1.00	Fabric/Indian Block Printing	2
3	Silk Painting		9.30-11.00		9.30-1.00					2.00-5.30								9.30-1.00	Silk Painting	3
4	Make Your Own Jewellery			2.00-5.30					9.30-1.00						9.30-1.00		2.00-5.30	Make Your Own Jewellery	4	
5	Painting & Sketching		10.00-1.00				10.00-1.00					2.00-5.00				2.00-5.00		Painting & Sketching	5	
6	Card Making			2.00-5.30		2.00-5.30					9.30-1.00			2.00-5.30				Card Making	6	
7	Picture Framing & Glazing						9.30-1.00			2.00-5.30					9.30-1.00			Picture Framing & Glazing	7	
8	Pottery Transfers			2.00-5.30		2.00-5.30		9.30-1.00		2.00-5.30		9.30-1.00		9.30-1.00		2.00-5.30		Pottery Transfers	8	
9	Porcelain Painting		9.30-1.00							2.00-5.30				2.00-5.30			9.30-1.00	Porcelain Painting	9	
10	Candle Making			2.00-6.00		2.00-6.00					2.00-6.00			2.00-6.00				Candle Making	10	
11	Creative Embroidery						9.30-12.30											Creative Embroidery	11	
12	Glass Engraving / Upcycling	NEW	9.30-1.00		9.15-1.45			9.30-1.00		9.30-1.00			2.00-5.30	9.30-1.00		9.30-1.00		Glass Engraving / Upcycling	12	
13	Glass Painting			2.00-5.30						2.00-5.30			2.00-5.30					Glass Painting	13	
14	Machine Embroidery	NEW			9.15-1.00						9.15-1.00			9.15-1.00		2.00-5.45		Machine Embroidery	14	
15	Sports Shirt Embroidery	NEW							9.15-1.00		2.00-6.00							Sports Shirt Embroidery	15	
16	Decoupage & 3D Napkin Art	NEW	9.30-1.00			2.00-5.30		9.30-1.00		9.30-1.00		2.00-5.30		2.00-5.30	9.30-1.00		9.30-1.00	Decoupage & 3D Napkin Art	16	
17	Teddy Creations	NEW				2.00-4.00				10.00-12.00		2.00-4.00		10.00-12.00		10.00-12.00		Teddy Creations	17	
18	Patchwork								9.30-12.30					2.00-5.00				Patchwork	18	
19	Enamelling			2.00-5.30		2.00-5.30					2.00-5.30			2.00-5.30		2.00-5.30		Enamelling	19	
20	Hot Press Printing						9.30-1.00			2.00-6.00			9.30-1.00		9.30-1.00			Hot Press Printing	20	
21	Pyrography		11.30-1.00		9.30-1.00				9.30-1.00		2.00-5.30		9.30-1.00		9.30-1.00	2.00-5.30	9.30-1.00	Pyrography	21	
22	Woodwork (House Plaques)				9.15-1.00		2.00-5.45		9.15-1.00		9.15-1.00		2.00-5.45	9.15-1.00		2.00-5.45	9.15-1.00	Woodwork (House Plaques)	22	
23	Woodwork (Scroll Saws)				2.00-6.00					2.00-6.00		2.00-6.00			2.00-6.00			Woodwork (Scroll Saws)	23	
24	Badminton Competition			2.00-4.00		4.00-6.00				2.00-4.00		2.00-4.00		2.00-4.00		2.00-4.00		Badminton Competition	24	
25	Tennis Coaching						1.30-4.00				1.30-4.00		1.30-4.00		1.30-4.00			Tennis Coaching	25	
26	Tennis Competition		9.30-11.30		9.30-11.30		9.30-11.30		9.30-11.30		9.30-11.30		9.30-11.30		9.30-11.30		9.30-11.30	Tennis Competition	26	
27	Short Tennis Competition			4.30-6.00		3.30-5.00				4.30-6.00		3.30-5.00		4.30-6.00		4.30-6.00		Short Tennis Competition	27	
28	Table Tennis Competition		9.30-11.00		9.30-11.00		9.30-11.00		9.30-11.00		11.30-1.00		9.30-11.00		11.30-1.00		9.30-11.00	Table Tennis Competition	28	
29	Bowls Coaching						10.30-12.30				10.30-12.30				9.30-11.30			Bowls Coaching	29	
30	Bowls Competition						4.00-6.00				4.30-6.00		4.30-6.00					Bowls Competition	30	
31	Short Matt Competition			3.30-5.00		9.30-11.00						9.30-11.00					4.00-5.30	Short Matt Competition	31	
32	Target Bowls Competition		11.30-1.00							4.30-6.00		2.00-3.30			4.30-6.00	11.30-1.00		Target Bowls Competition	32	
33	Ice Curling Competition		9.30-11.30			2.00-4.00		9.30-11.30		2.00-4.00		2.00-4.00		9.30-11.30		2.00-4.00	9.30-11.30	Ice Curling Competition	33	
34	New kurling Competition			2.00-3.30		11.30-1.00			2.30-4.00	11.30-1.00			9.30-11.00		3.30-5.00	9.30-11.00		New kurling Competition	34	
35	New Age Bowls Competition						11.30-1.00						11.30-1.00					New Age Bowls Competition	35	
36	Archery		9.15 - 5.45		9.15 - 5.45		9.15 - 5.45		9.15 - 5.45		9.15 - 5.45		9.15 - 5.45		9.15 - 5.45		9.15 - 5.45		Archery	36
37	JUNIOR Archery			2.15-4.15		3.30-5.30		3.30-5.30		2.45-4.45			2.45-4.45		3.30-5.00		4.00-5.30	JUNIOR Archery	37	
38	Air Pistol		9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	Air Pistol	38
39	Air Rifle		9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	9.00-1.00	2.00-5.00	Air Rifle	39
40	Laserclay Shooting		10.00-1.00	2.00-5.00	10.00-1.00	4.00-6.00	10.00-1.00	2.00-5.00	10.00-1.00	2.00-5.00	10.00-1.00	4.00-6.00	10.00-1.00	2.00-5.00	10.00-1.00	2.00-5.00	10.00-1.00	2.00-5.00	Laserclay Shooting	40
41	Hatha Yoga		11.30-12.30			4.30-5.30									11.30-12.30		4.00-5.00	Hatha Yoga	41	
42	Pilates		10.30-11.15			3.30-4.15				4.45-5.30					9.30-10.15		3.00-3.45	Pilates	42	
43	Stretch & Relax						10.30-11.15						10.30-11.15				10.30-11.15	Stretch & Relax	43	
44	Greatest Showman Dance			3.00-3.45		11.30-12.15				2.00-2.45		11.30-12.15		3.00-3.45		2.00-2.45		Greatest Showman Dance	44	
45	Dance Workout										2.30-3.15							Dance Workout	45	
46	Tai Chi				10.00-11.00								4.30-5.30					Tai Chi	46	
47	Barre Workout						9.30-10.15						11.30-12.15					Barre Workout	47	
48	AB Attack							2.00-2.45										AB Attack	48	
49	Musical Circuits						3.00-3.45											Musical Circuits	49	
50	Zumba								11.30-12.15		9.30-10.15		9.30-10.15			9.30-10.15		Zumba	50	
51	Hula Hooping		9.30-10.15							3.45-4.30					10.30-11.15			Hula Hooping	51	
52	Rock N Roll Dancing											4.00-4.45						Rock N Roll Dancing	52	
53	Street Dancing											5.00-5.45			2.00-2.45		3.00-3.45	Street Dancing	53	
54	Salsa Dancing								10.30-11.15									Salsa Dancing	54	
55	Bollywood Dancing			2.00-2.45		12.30-1.15					10.30-11.15		10.30-11.15			4.00-4.45	11.30-12.15	Bollywood Dancing	55	
56	Aquarobics					3.30-4.30		3.30-4.30						3.30-4.30				Aquarobics	56	
57	Water Polo					2.15-3.00		2.15-3.00				2.15-3.00			2.15-3.00			Water Polo	57	
58	Hydro Spa Sessions		9.30-1.00	2.00-6.30	9.30-1.00	2.00-6.30	9.30-1.00	2.00-6.30	9.30-1.00	2.00-6.30	9.30-1.00	2.00-6.30	9.30-1.00	2.00-6.30	9.30-1.00	2.00-6.30	9.30-1.00	2.00-6.30	Hydro Spa Sessions	58
59	Water Slides		11.30-12.30	4.00-5.00	11.30-12.30	4.30-5.30	11.30-12.30	4.30-5.30	11.30-12.30	4.30-5.30	11.30-12.30	4.30-5.30	11.30-12.30	4.30-5.30	11.30-12.30	4.00-5.00	11.30-12.30	4.00-5.00	Water Slides	59
60	5 A side Football			3.45-6.00		3.45-6.00		3.45-6.00		3.45-6.00		3.45-6.00		3.45-6.00		3.45-6.00		3.45-6.00	5 A side Football	60
61	Continuous Cricket					2.30-3.45		9.30-10.45		2.30-3.45		9.30-10.45		2.30-3.45		2.30-3.45		2.30-3.45	Continuous Cricket	61
62	Rounders			2.30-3.45		9.30-10.45		2.30-3.45				2.30-3.45		2.30-3.45		2.30-3.45		2.30-3.45	Rounders	62
63	Unihoc		9.30-11.00		11.00-12.30				11.30-1.00					11.00-12.30			9.30-11.00	Unihoc	63	
64	Basketball						3.30-5.00					4.00-5.00				2.00-3.00		Basketball	64	
65	Netball						2.30-3.30									3.00-4.00		Netball	65	
66	Volleyball					2.30-3.30							4.30-6.00		4.30-6.00			Volleyball	66	
67	Handball		11.30-1.00				11.00-12.30				11.00-12.30						11.30-1.00	Handball	67	
68	Dodgeball			4.00-5.30		4.00-5.30														