

BEAVERBROOK SUMMER WEEKLY ACTIVITIES

“Never say ‘no’ to adventures”

Ian Fleming
Creator of James Bond and house guest

| TIME | MONDAY 31 AUGUST | TUESDAY 1 SEPTEMBER | WEDNESDAY 2 SEPTEMBER | THURSDAY 3 SEPTEMBER | FRIDAY 4 SEPTEMBER | SATURDAY 5 SEPTEMBER | SUNDAY 6 SEPTEMBER |
|----------|--|--|--|--|---|--|---|
| 8:30 am | Mobility Stretching | Run / Outdoor Training Yoga with Sophie | Run / Outdoor Training 8:00 AM | Run / Outdoor Training Yoga with Sophie | Run / Outdoor Training 8:00 AM | Mobility Stretching | Mobility Stretching |
| 9:00 am | Cross Training | Cross Training | Cross Training | Cross Training | Cross Training | Cross Training | |
| 10:00 am | Yoga with Anastasia | Pilates with Sophie | Yoga with Peter | Pilates with Sophie | Yoga with Peter | Pilates with Sophie | Cross Training |
| 11:15 am | Pilates with Anna | Yoga with Sophie | Pilates with Helen | Yoga with Sophie | Pilates with Steph | Yoga with Sophie | |
| 2:00 pm | | Yoga with Sophie | Yoga with Lino | Yoga with Sophie | Yoga with Lino | Yoga with Sophie | |
| 10:00 am | * Sharky & George (150 mins) | * Sharky & George (150 mins) | * Sharky & George (150 mins) | * Sharky & George (150 mins) | * Sharky & George (150 mins) | * Sharky & George (150 mins) | * Sharky & George (150 mins) |
| 1:30 pm | * Sharky & George (150 mins) | * Sharky & George (150 mins) | * Sharky & George (150 mins) | * Sharky & George (150 mins) | * Sharky & George (150 mins) | * Sharky & George (150 mins) | * Sharky & George (150 mins) |
| 4:00 pm | | | | | Tai Chi with Liz | | |
| 4:30 pm | Kids Movie Screening A Bug's Life | Kids Movie Screening Babe | Kids Movie Screening Cars | Kids Movie Screening Despicable Me | Kids Movie Screening Kung Fu Panda | Kids Movie Screening Moana | Kids Movie Screening Monsters Inc. |
| 7:30 pm | Family Movie Screening Fantastic Beasts and where to find them | Family Movie Screening Billy Madison | Family Movie Screening Beauty and the Beast | Family Movie Screening Time Bandits | Family Movie Screening Thelma and Louise | Family Movie Screening Life of Brian | Family Movie Screening Mamma Mia - Here we go again |
| 9:30 pm | Adults Movie Screening Bugsy Malone | Adults Movie Screening Skyfall | Adults Movie Screening Gladiator | Adults Movie Screening Knocked Up | Adults Movie Screening La la Land | Adults Movie Screening The Theory Of Everything | Adults Movie Screening Stepbrothers |

| COMPLEMENTARY DAY ACTIVITIES |
|------------------------------|
| OUTDOORS |
| BADMINTON (90 mins) |
| PENTAQUE (90 mins) |
| CROQUET (90 mins) |
| CYCLING (120 mins) |
| TENNIS (60 mins) |
| PADEL TENNIS (60 mins) |
| FOOTBALL (60 MINS) |
| PICNICS |
| INDOORS |
| BOARD GAMES (Day) |
| PLAYING CARDS |
| CINEMA |

Prices * Sharky & George - £25 per child per session



BEAVERBROOK SUMMER WEEKLY ACTIVITIES

“Never say ‘no’ to adventures”

Ian Fleming
Creator of James Bond and house guest

| TIME | MONDAY 6 SEPTEMBER | TUESDAY 7 SEPTEMBER | WEDNESDAY 8 SEPTEMBER | THURSDAY 9 SEPTEMBER | FRIDAY 10 SEPTEMBER | SATURDAY 11 SEPTEMBER | SUNDAY 12 SEPTEMBER |
|----------|--|---|--|--|---|---------------------------------------|--|
| 8:30 am | Mobility Stretching | Mobility Stretching Yoga with Sophie | Run / Outdoor Training 8:00 AM Pilates with Helen 8:45 AM | Run / Outdoor Training 8:00 AM Yoga with Sophie 8:30 AM | Run / Outdoor Training 8:00 AM Pilates with Mary 8:45 AM | Mobility Stretching | |
| 9:00 am | Cross Training | Cross Training | Cross Training | Cross Training | Cross Training | Cross Training | Mobility Stretching 9:30 AM |
| 10:00 am | Yoga with Anastasia | Pilates with Sophie | Pilates with Helen | Pilates with Sophie | Yoga with Peter | Pilates with Sophie | Cross Training |
| 11:15 am | Pilates with Anna | Yoga with Sophie | Yoga with Peter | Yoga with Sophie | Pilates with Steph | Yoga with Sophie | |
| 2:00 pm | | Yoga with Sophie | Yoga with Lino | Yoga with Sophie | Yoga with Lino | Yoga with Sophie | |
| 10:00 am | | | | | | * Sharky & George (150 mins) | * Sharky & George (150 mins) |
| 1:30 pm | | | | | | * Sharky & George (150 mins) | * Sharky & George (150 mins) |
| 4:00 pm | | | Tai Chi with Liz | | | | |
| 4:30 pm | Kids Movie Screening Mr Bean's Holiday | Kids Movie Screening Alladin | Kids Movie Screening Moana | Kids Movie Screening Annie | Kids Movie Screening Paddington | Kids Movie Screening Wild Child | Kids Movie Screening Stardust |
| 7:30 pm | Family Movie Screening Jumanji | Family Movie Screening Enchanted | Family Movie Screening Mean Girls | Family Movie Screening Harry Potter | Family Movie Screening Wreck-It Ralph | Family Movie Screening Spy Kids | Family Movie Screening Toy Story |
| 9:30 pm | Adults Movie Screening The Talented Mr Ripley | Adults Movie Screening Bad Moms | Adults Movie Screening The Big Lebowski | Adults Movie Screening 12 Years a Slave | Adults Movie Screening Love Rosie | Adults Movie Screening Bad Teacher | Adults Movie Screening A Taste of Honey |

| COMPLEMENTARY DAY ACTIVITIES |
|------------------------------|
| OUTDOORS |
| BADMINTON (90 mins) |
| PENTAQUE (90 mins) |
| CROQUET (90 mins) |
| CYCLING (120 mins) |
| TENNIS (60 mins) |
| PADEL TENNIS (60 mins) |
| FOOTBALL (60 MINS) |
| PICNICS |
| INDOORS |
| BOARD GAMES (Day) |
| PLAYING CARDS |
| CINEMA |

Prices * Sharky & George - £25 per child per session



BEAVERBROOK SUMMER WEEKLY ACTIVITIES

“Never say ‘no’ to adventures”

Ian Fleming
Creator of James Bond and house guest

| TIME | MONDAY 13 SEPTEMBER | TUESDAY 14 SEPTEMBER | WEDNESDAY 15 SEPTEMBER | THURSDAY 16 SEPTEMBER | FRIDAY 17 SEPTEMBER | SATURDAY 18 SEPTEMBER | SUNDAY 19 SEPTEMBER |
|----------|--|--|--|--|---|--|--|
| 8:30 am | Mobility Stretching | Mobility Stretching Yoga with Sophie | Run / Outdoor Training 8:00 AM Pilates with Helen | Run / Outdoor Training 8:00 AM Yoga with Sophie | Run / Outdoor Training 8:00 AM Pilates with Mary | Mobility Stretching | |
| 9:00 am | Cross Training | Cross Training | Cross Training | Cross Training | Cross Training | Cross Training | Mobility Stretching 9:30 AM |
| 10:00 am | Yoga with Anastasia | Pilates with Sophie | Pilates with Helen | Pilates with Sophie | Yoga with Peter | Pilates with Sophie | Cross Training |
| 11:15 am | Pilates with Anna | Yoga with Sophie | Yoga with Peter | Yoga with Sophie | Pilates with Steph | Yoga with Sophie | |
| 2:00 pm | | Yoga with Sophie | Yoga with Lino | Yoga with Sophie | Yoga with Lino | Yoga with Sophie | |
| 10:00 am | | | | | | * Sharky & George (150 mins) | * Sharky & George (150 mins) |
| 1:30 pm | | | | | | * Sharky & George (150 mins) | * Sharky & George (150 mins) |
| 4:00 pm | | | Tai Chi with Liz | | | | |
| 4:30 pm | Kids Movie Screening Cheaper by the Dozen | Kids Movie Screening Home Alone | Kids Movie Screening Tangled | Kids Movie Screening Mrs Doubtfire | Kids Movie Screening Inside Out | Kids Movie Screening Hook | Kids Movie Screening Matilda |
| 7:30 pm | Family Movie Screening Jurassic Park | Family Movie Screening The Wizard of OZ | Family Movie Screening Oliver | Family Movie Screening Snow White and The Huntsman | Family Movie Screening Never-ending Story | Family Movie Screening The Longest Yard | Family Movie Screening Spy Kids |
| 9:30 pm | Adults Movie Screening City of God | Adults Movie Screening Casino Royale | Adults Movie Screening Ali | Adults Movie Screening Bad Neighbours | Adults Movie Screening Easy A | Adults Movie Screening Project X | Adults Movie Screening 21 Jump Street |

| COMPLEMENTARY DAY ACTIVITIES |
|------------------------------|
| OUTDOORS |
| BADMINTON (90 mins) |
| PENTAQUE (90 mins) |
| CROQUET (90 mins) |
| CYCLING (120 mins) |
| TENNIS (60 mins) |
| PADEL TENNIS (60 mins) |
| FOOTBALL (60 MINS) |
| PICNICS |
| INDOORS |
| BOARD GAMES (Day) |
| PLAYING CARDS |
| CINEMA |

Prices * Sharky & George - £25 per child per session



BEAVERBROOK SUMMER WEEKLY ACTIVITIES

“Never say ‘no’ to adventures”

Ian Fleming
Creator of James Bond and house guest

| TIME | MONDAY 20 SEPTEMBER | TUESDAY 21 SEPTEMBER | WEDNESDAY 22 SEPTEMBER | THURSDAY 23 SEPTEMBER | FRIDAY 24 SEPTEMBER | SATURDAY 25 SEPTEMBER | SUNDAY 26 SEPTEMBER |
|----------|--|---|--|--|---|--|--|
| 8:30 am | Mobility Stretching | Mobility Stretching Yoga with Sophie | Run / Outdoor Training 8:00 AM Pilates with Helen | Run / Outdoor Training 8:00 AM Yoga with Sophie | Run / Outdoor Training 8:00 AM Pilates with Mary | Mobility Stretching | |
| 9:00 am | Cross Training | Cross Training | Cross Training | Cross Training | Cross Training | Cross Training | Mobility Stretching 9:30 AM |
| 10:00 am | Yoga with Anastasia | Pilates with Sophie | Pilates with Helen | Pilates with Sophie | Yoga with Peter | Pilates with Sophie | Cross Training |
| 11:15 am | Pilates with Anna | Yoga with Sophie | Yoga with Peter | Yoga with Sophie | Pilates with Steph | Yoga with Sophie | |
| 2:00 pm | | Yoga with Sophie | Yoga with Lino | Yoga with Sophie | Yoga with Lino | Yoga with Sophie | |
| 10:00 am | | | | | | * Sharky & George (150 mins) | * Sharky & George (150 mins) |
| 1:30 pm | | | | | | * Sharky & George (150 mins) | * Sharky & George (150 mins) |
| 4:00 pm | | | Tai Chi with Liz | | | | |
| 4:30 pm | Kids Movie Screening Peter Pan | Kids Movie Screening Mary Poppins | Kids Movie Screening Toy Story 2 | Kids Movie Screening Sleeping Beauty | Kids Movie Screening Spy Kids 2 - Island of Lost Dreams | Kids Movie Screening Lego Movie | Kids Movie Screening The Smurfs |
| 7:30 pm | Family Movie Screening How Train Your Dragon 2 | Family Movie Screening The Jungle Book | Family Movie Screening Spy Kids 3 - Game Over | Family Movie Screening Pirates of the Caribbean - Curse of the Black Pearl | Family Movie Screening Brave | Family Movie Screening The Greatest Showman | Family Movie Screening How to Train Your Dragon I |
| 9:30 pm | Adults Movie Screening Batman - The Dark Knight | Adults Movie Screening Legend | Adults Movie Screening Spanglish | Adults Movie Screening Evita | Adults Movie Screening The Darkest Hour | Adults Movie Screening King Kong | Adults Movie Screening Batman Begins |

| COMPLEMENTARY DAY ACTIVITIES |
|------------------------------|
| OUTDOORS |
| BADMINTON (90 mins) |
| PENTAQUE (90 mins) |
| CROQUET (90 mins) |
| CYCLING (120 mins) |
| TENNIS (60 mins) |
| PADEL TENNIS (60 mins) |
| FOOTBALL (60 MINS) |
| PICNICS |
| INDOORS |
| BOARD GAMES (Day) |
| PLAYING CARDS |
| CINEMA |

Prices * Sharky & George - £25 per child per session



BEAVERBROOK SUMMER WEEKLY ACTIVITIES

“Never say ‘no’ to adventures”

Ian Fleming
Creator of James Bond and house guest

| TIME | MONDAY 27 SEPTEMBER | TUESDAY 28 SEPTEMBER | WEDNESDAY 29 SEPTEMBER | THURSDAY 30 SEPTEMBER | FRIDAY 1 OCTOBER | SATURDAY 2 OCTOBER | SUNDAY 3 OCTOBER |
|----------|--|---|--|--|---|--|--|
| 8:30 am | Mobility Stretching | Mobility Stretching Yoga with Sophie | Run / Outdoor Training 8:00 AM Pilates with Helen | Run / Outdoor Training 8:00 AM Yoga with Sophie | Run / Outdoor Training 8:00 AM Pilates with Mary | Mobility Stretching | |
| 9:00 am | Cross Training | Cross Training | Cross Training | Cross Training | Cross Training | Cross Training | Mobility Stretching 9:30 AM |
| 10:00 am | Yoga with Anastasia | Pilates with Sophie | Pilates with Helen | Pilates with Sophie | Yoga with Peter | Pilates with Sophie | Cross Training |
| 11:15 am | Pilates with Anna | Yoga with Sophie | Yoga with Peter | Yoga with Sophie | Pilates with Steph | Yoga with Sophie | |
| 2:00 pm | | Yoga with Sophie | Yoga with Lino | Yoga with Sophie | Yoga with Lino | Yoga with Sophie | |
| 10:00 am | | | | | | * Sharky & George (150 mins) | * Sharky & George (150 mins) |
| 1:30 pm | | | | | | * Sharky & George (150 mins) | * Sharky & George (150 mins) |
| 4:00 pm | | | Tai Chi with Liz | | | | |
| 4:30 pm | Kids Movie Screening Peter Pan | Kids Movie Screening Mary Poppins | Kids Movie Screening Toy Story 2 | Kids Movie Screening Sleeping Beauty | Kids Movie Screening Spy Kids 2 - Island of Lost Dreams | Kids Movie Screening Lego Movie | Kids Movie Screening The Smurfs |
| 7:30 pm | Family Movie Screening How Train Your Dragon 2 | Family Movie Screening The Jungle Book | Family Movie Screening Spy Kids 3 - Game Over | Family Movie Screening Pirates of the Caribbean - Curse of the Black Pearl | Family Movie Screening Brave | Family Movie Screening The Greatest Showman | Family Movie Screening How to Train Your Dragon I |
| 9:30 pm | Adults Movie Screening Batman - The Dark Knight | Adults Movie Screening Legend | Adults Movie Screening Spanglish | Adults Movie Screening Evita | Adults Movie Screening The Darkest Hour | Adults Movie Screening King Kong | Adults Movie Screening Batman Begins |

| COMPLEMENTARY DAY ACTIVITIES |
|------------------------------|
| OUTDOORS |
| BADMINTON (90 mins) |
| PENTAQUE (90 mins) |
| CROQUET (90 mins) |
| CYCLING (120 mins) |
| TENNIS (60 mins) |
| PADEL TENNIS (60 mins) |
| FOOTBALL (60 MINS) |
| PICNICS |
| INDOORS |
| BOARD GAMES (Day) |
| PLAYING CARDS |
| CINEMA |

Prices * Sharky & George - £25 per child per session

