

## Gleddoch - Timetable of activities - Summer 2020

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>10am</b>	<b>Guided Estate Walk</b> (45 mins) (Ages All)	<b>Cupcake decorating</b> (45 mins) (Ages 3 to 12)	<b>Guided Estate Walk</b> (45 mins) (Ages All)	<b>Children's archery</b> (45 mins) (Ages 8 to 16)	<b>Guided Estate Walk</b> (45 mins) (Ages All)	<b>Cupcake decorating</b> (45 mins) (Ages 3 to 12)	<b>HIIT workout</b> (45 mins) (Ages 16+)
<b>2pm</b>	<b>Yoga</b> (45 mins) (Ages 16+)	<b>Children's Film Showing</b> (2 hours) (Ages 3+)	<b>Children's Yoga</b> (45 mins) (Ages 5 to 16)	<b>Children's Film Showing</b> (2 hours) (Ages 3+)	<b>Den Making - <u>off-site</u></b> <b>(5 min drive)</b> (1 hour) (Ages 3+)	<b>Yoga</b> (45 mins) (Ages 16+)	<b>Owls and birds of prey experience</b> (1 hour) (Ages 3+)
<b>3pm</b>	<b>Mindfulness</b> (30 mins) (Ages 16+)	<b>Golf Swing fundamentals</b> (1 hour) (Ages 12+)	<b>Meditation</b> (30 mins) (Ages 16+)	<b>Golf Swing fundamentals</b> (1 hour) (Ages 12+)	<b>HIIT workout</b> (45 mins) (Ages 16+)	<b>Meditation</b> (30 mins) (Ages 16+)	<b>Alpaca trekking - meet, feed and walk - <u>off site</u></b> <b>(2 min drive)</b> (1 hour) (Ages 3+)
<b>4pm</b>	<b>Cocktail Masterclass</b> (1 hour) (Ages 18+) (£20 per person)	<b>Children's archery</b> (45 mins) (Ages 8 to 16)	<b>Whisky Tasting</b> (1 hour) (Ages 18+) (£15 per person)	<b>Gin Tasting</b> (1 hour) (Ages 18+) (£15 per person)	<b>Cocktail Masterclass</b> (1 hour) (Ages 18+) (£20 per person)	<b>Gin Tasting</b> (1 hour) (Ages 18+) (£15 per person)	<b>Whisky Tasting</b> (1 hour) (Ages 18+) (£15 per person)

<b>Key</b>
<b>PAID ACTIVITY</b>