

**CAN YOU DO  
SOMETHING  
ACTIVE EACH  
DAY?**



**ACTIVE KIDS  
ACADEMY  
FITNESS FOR ALL**

**LET'S MOVE  
WALK  
FOOTBALL  
PARK  
CYCLE  
DANCE**

**ACTIVE LIFESTYLE**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**NEW ACTIVITY**