

NOTE: Sessions in bold are talks/workshops.

\*\*Please note, yoga sessions are not suitable for pregnant women\*\*

## SATURDAY

|              |                                                                                                           |              |
|--------------|-----------------------------------------------------------------------------------------------------------|--------------|
| <b>08:15</b> | Ready Set Go! with James Griffiths                                                                        | Main Stage   |
|              | Morning Yoga with Gemma Merna**                                                                           | Open Tipi    |
| <b>09:30</b> | Wake Up and Shake Up with Mr Move It                                                                      | Main Stage   |
| <b>09:50</b> | Family Street Dance                                                                                       | Main Stage   |
|              | <b>Healthy, Simple Nutrition for Families on a Budget</b> with Emma McElhinney                            | Closed Tipi  |
|              | Total Body Blitz with Nicole Chapman                                                                      | Open Tipi    |
|              | Aerials with James Griffiths                                                                              | Aerials Zone |
|              | Football or Drumba                                                                                        | Sports Zone  |
| <b>11:05</b> | Groove Aerobics with Mr Groove                                                                            | Main Stage   |
|              | <b>8 Minute Method</b> with Kate Drummond                                                                 | Closed Tipi  |
|              | Blissful Breathwork with Charlotte & Jamie                                                                | Open Tipi    |
|              | Boxing                                                                                                    | Sports Zone  |
| <b>12:20</b> | Start Strong with Mr Move It                                                                              | Main Stage   |
|              | <b>Your Child's Greatest Coach</b> with Andrew Jenkins                                                    | Closed Tipi  |
|              | Afternoon Yoga with Gemma Merna**                                                                         | Open Tipi    |
|              | Aerials with James Griffiths                                                                              | Aerials Zone |
|              | Golf or Wolf Run                                                                                          | Sports Zone  |
| <b>14:20</b> | Family Fitness Fun with Mr Move It                                                                        | Open Tipi    |
|              | Aerials with James Griffiths                                                                              | Aerials Zone |
|              | Athletics                                                                                                 | Sports Zone  |
|              | <b>Declutter Your Mind</b> with Kate Drummond                                                             | Closed Tipi  |
| <b>15:35</b> | <b>From Puberty to Post-Menopause</b> - Women's Health Panel with Kate Drummond, Emma McElhinney & guests | Closed Tipi  |
|              | Ancient Martial Arts with James Griffiths                                                                 | Open Tipi    |
|              | Netball or Laser Run                                                                                      | Sports Zone  |
|              | Groove Aerobics with Mr Groove                                                                            | Main Stage   |
| <b>16:50</b> | Sculpt and Tone with Nicole Chapman                                                                       | Main Stage   |
|              | Sound Bath with Gemma Merna                                                                               | Open Tipi    |
|              | Combat or Family Circus Skills                                                                            | Sports Zone  |

## SUNDAY

|              |                                                                                                                                           |                  |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| <b>08:00</b> | Ready Set Go! Wolf Run Warm Up                                                                                                            | Main Stage       |
| <b>08:15</b> | Morning Yoga with Gemma Merna**                                                                                                           | Open Tipi        |
|              | Family Wolf Trail Run (1.6K/3K/5K. Ages restrictions apply)                                                                               | Start Main Stage |
| <b>09:30</b> | Get Game Ready with Mr Groove                                                                                                             | Main Stage       |
| <b>09:50</b> | Family Street Dance                                                                                                                       | Main Stage       |
|              | <b>Period Confidence Workshop</b> with Ruby Raut                                                                                          | Closed Tipi      |
|              | Release Stress, Restore Balance Meditation                                                                                                | Open Tipi        |
|              | Session with Suzanne Shaw                                                                                                                 |                  |
|              | Rugby                                                                                                                                     | Sports Zone      |
| <b>11:05</b> | Body Boost with Nicole Chapman                                                                                                            | Main Stage       |
|              | <b>Men's Mental Health Panel</b> with Andrew Jenkins, Joshua Paul & Will Greenwood                                                        | Closed Tipi      |
|              | Ancient Martial Arts with James Griffiths                                                                                                 | Open Tipi        |
|              | Archery or Combat                                                                                                                         | Sports Zone      |
| <b>12:20</b> | Groove Aerobics with Mr Groove                                                                                                            | Main Stage       |
|              | Sound Bath with Gemma Merna                                                                                                               | Open Tipi        |
|              | Aerials with James Griffiths                                                                                                              | Aerials Zone     |
|              | Golf or Hockey                                                                                                                            | Sports Zones     |
| <b>13:30</b> | <b>Joshua Paul Talk</b>                                                                                                                   | Main Stage       |
| <b>14:20</b> | <b>The Vision Board Method to Motivation and Success</b> with Suzanne Shaw                                                                | Closed Tipi      |
|              | Total Tone-Up with Nicole Chapman                                                                                                         | Open Tipi        |
|              | Aerials with James Griffiths                                                                                                              | Aerials Zone     |
|              | Family Circus Skills                                                                                                                      | Sports Zone      |
| <b>15:35</b> | Groove Aerobics with Mr Groove                                                                                                            | Main Stage       |
|              | <b>Big Emotions, Little People - Helping Children Navigate their Emotions</b> with Suzanne Shaw, Joshua Paul, Casey Paul & Andrew Jenkins | Closed Tipi      |
|              | Afternoon Yoga with Gemma Merna**                                                                                                         | Open Tipi        |
|              | Medieval Sword Fighting                                                                                                                   | Sports Zone      |
| <b>16:50</b> | Total Body Strength with Nicole Chapman                                                                                                   | Main Stage       |
|              | <b>Wellness Q&amp;A</b> with Suzanne Shaw, Joshua Paul, Casey Paul, Andrew Jenkins & Gemma Merna                                          | Closed Tipi      |
|              | Ancient Martial Arts with James Griffiths                                                                                                 | Open Tipi        |
|              | Wolf Run                                                                                                                                  | Sports Zone      |

# WELLNESS PROGRAMME

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## AERIALS

Develop strength, balance & confidence with aerial skills & hoops.

## ANCIENT MARTIAL ARTS

Experience the unique Brazilian exercise that blends capo flow with dance.

## BIG EMOTIONS, LITTLE PEOPLE: Helping Children Navigate Emotions

A discussion to help children understand, express & manage emotions to thrive through life's challenges.

## BLISSFUL BREATHWORK

An introduction to gentle breathing techniques & simple grounding exercises designed to calm the mind, release tension and restore balance.

## BODY BOOST

Functional exercise and low-impact cardio to increase energy, improve fitness & strength.

## DECLUTTER THE MIND

Explore simple strategies to reduce overwhelm, clear mental clutter, create greater clarity, calm & confidence in everyday life.

## FAMILY FITNESS FUN

Games, movement & simple exercises to build confidence & have fun while improving fitness. Suitable for everyone to take part.

## FIT4LIFE

Learn how discipline, resilience & the right mindset can transform every area of your life. Josh will explore practical ways to build confidence & create success both on and off the pitch.

## FROM PUBERTY TO POST-MENOPAUSE: Women's Health Panel

A discussion on women's health through every stage of life either from a personal perspective or to support the women in your lives.

## GROOVE AEROBICS

A fun and high-energy class fusing choreography, disco & funk with easy-to-follow routines.

## HEALTHY SIMPLE NUTRITION FOR FAMILIES ON A BUDGET

Simple tips for meal planning, smart shopping & creating affordable family-friendly meals that support wellbeing.

## MEN'S MENTAL HEALTH PANEL

An open conversation about men's mental health exploring challenges faced & the importance of seeking support with practical ways to build resilience.

## READY, SET, GO!

Start the day with energy in this fun & engaging morning session designed to get bodies moving & minds focused.

## PERIOD CONFIDENCE WORKSHOP

This session shows how to track cycles, manage changing energy levels & choose the right period products to stay comfortable & active. Ensure girls feel prepared whilst giving parents the stress-free support to help their child through their first period.

## RELEASE STRESS RESTORE BALANCE MEDITATION

Use breathwork, visualisation, and focused awareness to help you reconnect with yourself, boost energy, and create a greater sense of calm and wellbeing.

## SCULPT AND TONE

A full-body workout designed to strengthen, shape & define.

## SOUND BATH

Using calming sounds & vibrations, be guided through a deeply restorative session designed to reduce stress, promote relaxation & leave you feeling refreshed and rebalanced.

## STAY STRONG

A full-body strength class focused on building muscular endurance, improving stability & helping you feel stronger in everyday life. Suitable for all, with options to work at your own pace.

## THE VISION BOARD METHOD TO MOTIVATION AND SUCCESS

Learn how vision boards can increase focus, boost motivation & turn dreams into achievable goals.

## TOTAL BODY BLITZ

A high-energy workout combining cardio & strength exercises to challenge the whole body, boost fitness & leave you energised.

## TOTAL BODY STRENGTH

A strength-focused class for everyone working all major muscle groups, to build muscular endurance, improve stability & increase overall strength.

## TOTAL TONE UP

A dynamic conditioning workout targeting the core, arms, legs, & glutes to help tone muscles, improve stamina & build confidence.

## WELLNESS Q&A PANEL

An interactive Q&A session to help you to gain practical insights, advice & inspiration to support your wellbeing.

## YOGA\*\*

Combine gentle movement, stretching, & breathwork to help improve flexibility, balance, & overall wellbeing alongside mindfulness practices & positive reflection.

## YOUR CHILD'S GREATEST COACH

An inspiring session to explore how your role as a parent or caregiver can help shape a child's confidence, resilience & mindset to help them thrive on and off the pitch

## 8 MINUTE METHOD

Learn how dedicating just eight minutes to a task can reduce overwhelm, boost motivation & create momentum daily.