

Introducing this weeks, Active at Home weekly timetable, with plenty of Activities to keep you busy we can't wait to see all the amazing progress you make.

Every Monday, Wednesday and Friday there is a sporting challenge to complete, and we would love to so how you get on. Submit these videos to our Facebook and we will be handing out some amazing prizes for the best efforts.

Have Fun, Stay Safe and Stay Active

**Safe, active, together.**



[Click Here](#)

Premier - West Kent, Mid Kent & Medway

WEEK 1 	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><a href="#"><u>Revitalise</u></a> <b>Yoga Session</b></p>  <p><a href="#">Click Here</a></p>	<p><a href="#"><u>Revitalise</u></a> <b>Mobility Fitness</b></p>  <p><a href="#">Click Here</a></p>	<p><a href="#"><u>Revitalise</u></a> <b>Yoga Session</b></p>  <p><a href="#">Click Here</a></p>	<p><a href="#"><u>Revitalise</u></a> <b>Mobility Fitness</b></p>  <p><a href="#">Click Here</a></p>	<p><a href="#"><u>Revitalise</u></a> <b>Yoga Session</b></p>  <p><a href="#">Click Here</a></p>
Lunch	<p><a href="#"><u>Energise</u></a> <b>Dance Session</b></p>  <p><a href="#">Click Here</a></p>	<p><a href="#"><u>Energise</u></a> <b>Dance Session</b></p>  <p><a href="#">Click Here</a></p>	<p><a href="#"><u>Energise</u></a> <b>Dance Session</b></p>  <p><a href="#">Click Here</a></p>	<p><a href="#"><u>Energise</u></a> <b>Dance Session</b></p>  <p><a href="#">Click Here</a></p>	<p><a href="#"><u>Energise</u></a> <b>Dance Session</b></p>  <p><a href="#">Click Here</a></p>
Afternoon	<p><a href="#"><u>Capitalise</u></a> <b>Challenge- How many Clap Catches can you do</b></p>  <p><a href="#">Click Here</a></p>	<p><a href="#"><u>Capitalise</u></a> <b>Gymnastics</b></p>  <p><a href="#">Click Here</a></p>	<p><a href="#"><u>Capitalise</u></a> <b>Challenge- Show us your trick shots.</b></p>  <p><a href="#">Click Here</a></p>	<p><a href="#"><u>Capitalise</u></a> <b>Gymnastics</b></p>  <p><a href="#">Click Here</a></p>	<p><a href="#"><u>Capitalise</u></a> <b>Challenge- Keep the ball of the floor challenge</b></p>  <p><a href="#">Click Here</a></p>