

GYM GENERATION WINTER IN THE CITY

"DISCOVER THE JOY OF SPORTS"

DAY PROGRAM EXAMPLE

08:00 - 08:10	Meeting at GYM Generation
08:10 - 08:40	WARMING UP, SPORT GAMES and STRETCHING exercises 🧘
08:40 - 09:40	SPORT GYMNASTICS GYM Generation 🤸🤸
09:40 - 10:00	Healthy snack
10:00 - 11:30	Class of SWIMMING 🏊 or TENNIS 🎾🎾🎾 or KARATE 🥋 or JUDO 🥋 or BOXING 🥊🥊 or DANCE 🕺🕺 with professional trainers (1 class every day of the week)
11:30 - 12:00	FUN ENGLISH games in English 🇬🇧
12:00 - 13:30	Lunch in the restaurant or PIZZA COOKING WORKSHOP in Italian pizzeria 🍕 / Rest and free time
13:30 - 14:40	Outdoor / indoor sports activities: FOOTBALL tournament ⚽ or FIELD HOCKEY 🏑 or ARCHERY Robin Hood 🏹 or SNOW GAMES 🎮❄️ or TRACK&FIELD 🏃 or FLIPS, PYRAMIDS & SOMERSAULTS 🤸 or ACROBATICS or FUN TOURNAMENTS (different sports each day of a week)
14:40 - 15:30	ECO ARTS&CRAFTS or LEGO WORKSHOP and snack
15:30 - 16:00	FIRST AID CLASS 🚑 or BRAIN GYM exercises
16:00	End of classes. Collection of children