

RELOAD NORTHANTS - VIRTUALLY

RELOAD NORTHANTS is excited to offer a full 8 days of virtual sessions to both Primary and Secondary pupils who are in receipt of free school meals. Some of these sessions will be live and you can join in with the leader in real-time, and others are pre-recorded where you can pause and take your time.

	PRIMARY SESSION 1 9.30 - 10.30	FAMILY SESSION 1 10.30 - 11.30	PRIMARY SESSION 2 SECONDARY SESSION 1 11.00-12.00	PRIMARY SESSION 3 1.00PM - 2.00PM	PRIMARY SESSION 4 1.30PM - 2.30PM	SECONDARY SESSION 2 3.30PM - 4.30PM	SECONDARY SESSION 3 4.30PM - 5.30PM	FAMILY SESSION 2 5.00PM - 6.00PM	SECONDARY SESSION 4 6.30PM - 7.30PM
MONDAY 29/03/2021	Cheerleading with Sam	PhunkyFood CookAlong 'Pizza'	SkipBeatz home skipping sessions with Pete	Is your grab-bag ready? Find out how to be prepared for the unplanned!	Health and Wellness by Rage Fitness	Beginner Pilates and Stretching with Steve	PhunkyFood CookAlong 'Pizza'	Zumba with Emma	Health and Wellness by Rage Fitness
TUESDAY 30/03/2021	PhunkyFood CookAlong 'Super Salmon Dip'	Is your grab-bag ready? Find out how to be prepared for the unplanned!	SkipBeatz home skipping sessions with Pete	Discover our YouTube channel RELOAD NORTHANTS	Health and Wellness by Rage Fitness	Health and Wellness by Rage Fitness	Cheerleading with Sam	PhunkyFood CookAlong 'Chicken Sesame Noodles'	Beginner Pilates and Stretching with Steve
WEDNESDAY 31/03/2021	Zumba with Emma	PhunkyFood CookAlong 'Flan-tastic Frittata'	SkipBeatz home skipping sessions with Pete	Beginner Pilates and Stretching with Steve	Health and Wellness by Rage Fitness	Health and Wellness by Rage Fitness	Explore our YouTube channel RELOAD NORTHANTS	Cheerleading with Sam	PhunkyFood CookAlong 'Flan-tastic Frittata'
THURSDAY 01/04/2021	Beginner Pilates and Stretching with Steve	Health and Wellness by Rage Fitness	PhunkyFood CookAlong 'Tuna Couscous'	SkipBeatz home skipping sessions with Pete	Cheerleading with Sam	Health and Wellness by Rage Fitness	Health and Wellness by Rage Fitness	PhunkyFood CookAlong 'Tuna Couscous'	Health and Wellness by Rage Fitness
TUESDAY 06/04/2021	Beginner Pilates and Stretching with Steve	PhunkyFood CookAlong 'Chicken Sesame Noodles'	SkipBeatz home skipping sessions with Pete	Cheerleading with Sam	Health and Wellness by Rage Fitness	Is your grab-bag ready? Find out how to be prepared for the unplanned!	PhunkyFood CookAlong 'Sausage and Bean Casserole'	Zumba with Emma	Health and Wellness by Rage Fitness
WEDNESDAY 07/04/2021	Health and Wellness by Rage Fitness	Beginner Pilates and Stretching with Steve	SkipBeatz home skipping sessions with Pete	PhunkyFood CookAlong 'Supercrunch'	Is your grab-bag ready? Find out how to be prepared for the unplanned!	Health and Wellness by Rage Fitness	Health and Wellness by Rage Fitness	PhunkyFood CookAlong 'Tasty Tortilla'	Cheerleading with Sam
THURSDAY 08/04/2021	Health and Wellness by Rage Fitness	PhunkyFood CookAlong 'Mini Quiche'	SkipBeatz home skipping sessions with Pete	Zumba with Emma	What can you find to do on our YouTube channel RELOAD NORTHANTS	PhunkyFood CookAlong 'Mini Quiche'	Beginner Pilates and Stretching with Steve	Cheerleading with Sam	Health and Wellness by Rage Fitness
FRIDAY 09/04/2021	Health and Wellness by Rage Fitness	SkipBeatz home skipping sessions with Pete	Cheerleading with Sam	Try one of YouTube activities at RELOAD NORTHANTS	PhunkyFood CookAlong 'Bread'	Health and Wellness by Rage Fitness	Health and Wellness by Rage Fitness	PhunkyFood CookAlong 'Bread'	Beginner Pilates and Stretching with Steve

KEY:

LIVE SESSION

PRE-RECORDED SESSION

EXPLORE OUR YOUTUBE



WILD FOR LIFE

Sign up for our **Wild for Life** programme to receive an activity kit full of goodies to help you explore the outdoors and develop new skills such as whittling a magic wand or building a wormery. Videos will be uploaded to our RELOAD NORTHANTS YouTube channel on April 6th to help you work with the kit.

Places are limited, so sign up now!