

Active Advent 2024

Your Festive Programme

Daily Active Blasts for a Merry December - let's have fun together with our follow-along videos!



	Morning	Afternoon
Monday 2nd December	Merry Christmas Everyone	Equal to...
Tuesday 3rd December	Underneath The Tree	Ultimate Body Blast Blitz
Wednesday 4th December	Jump	5, 6, 7, 8
Thursday 5th December	I'll Be There For You	Classic
Friday 6th December	Start Your Day	Funky Mambo
Saturday 7th December	Happy Weekend - what can you do to stay active with your friends and family this weekend?	
Sunday 8th December		
Monday 9th December	Rockin' Around The Christmas Tree	Laughing Yoga
Tuesday 10th December	Shut Up and Dance	Mountain Bike Challenge
Wednesday 11th December	Latin Cracker	Brave Face
Thursday 12th December	Eye of the Tiger	Direction Dance
Friday 13th December	Wish It Could Be Christmas	Adjective Rockstar
Saturday 14th December	Happy Weekend - what can you do to stay active with your friends and family this weekend?	
Sunday 15th December		
Monday 16th December	Merry Christmas Everyone	I Am Me
Tuesday 17th December	Underneath The Tree	Opposites
Wednesday 18th December	Rockin' Around The Christmas Tree	Count On Me
Thursday 19th December	What Christmas Means To Me	Pollution Solution
Friday 20th December	Wish It Could Be Christmas	Celebrate