



# Sand Bay Music, Comedy & Fitness Weekender Timetable 2024



## FRIDAY 24th May

Date/Time	Ballroom	Queen Vic	Beach Bar	Restaurant
Friday 15.00 - 16.00	Meggaballs Winston Squire	Bar open with background music	Checkin	
Friday 16.00 - 17.00	Totally Shredded - House Dean Heitman	Bar open with background music	Checkin	
Friday 17.00 - 18.00	Stretch Sensation Julian Baker	Bar open with background music	Checkin	
Friday 18.00 - 20.00	<b>Dinner in the Main Restaurant</b>			
Friday 20.30 - 21.30	Lawless & Pete Precise		Games Room	
Friday 21.30 - 23.00	Welcome (Meet & Greet the Team) Eddie Nestor & Kat		Games Room	
Friday 23.00 - 00.00	TLC & Cookie		Games Room	
Saturday 00.00 - 01.00	Bigger Smooove Grooves		Games Room	
Saturday 01.00 - 02.00	Big Business		Games Room	
Saturday 02.00 - 03.00	Smooth Urban Soul		Games Room	
Saturday 03.00 - 04.00	Fatz OHO		Games Room	

## SATURDAY 25th May

Date/Time	Ballroom	Queen Vic	Beach Bar	Restaurant
Saturday 07.30 - 09.30	<b>Breakfast in the Main Restaurant</b>			
Saturday 10.00 - 11.00	Fit2fite Ross Mathieu	SocaTubes De Napoli Clarke	Games Room	
Saturday 11.00 - 12.00	Soca Bands Lisa Nestor	Yoga Dianne Reilly	Games Room	
Saturday 12.00 - 13.00	X Fight Patrick Sinclair	F.I.T Jam Faye Edwards	Games Room	
Saturday 13.00 - 14.00	Zumba Chris Roberts	Country Man Reggae	Games Room	
Saturday 14.00 - 15.00	Winston Megga Meggaballs	Pete Precise & Lawless	Games Room	



<b>Saturday</b> 15.00 - 16.00	Dean Heitman Totally Shredded - DnB/Jungle Live DJ - Woody Woodsta	Mr B	Comedy Movie	
<b>Saturday</b> 16.00 - 17.00	Learn the Line Dances Pauline Thomas Live DJ - Ian 'Basezone' Smith	Shaq D The Love Shaq	Comedy Movie	
<b>Saturday</b> 17.00 - 18.00	Soulful Pilates Carroll Locke	Cookie TLC Rare Grooves	Games Room	
<b>Saturday</b> 18.00 - 20.00	<b>Dinner in the Main Restaurant</b>			

**SATURDAY NIGHT - CARNIVAL THEME PARTY - £100 for best dressed**

<b>Saturday</b> 20.30 - 22.30	Comedy Show Axel Blake Curtis Walker Annette Fagan Host Kat B Eddie Nestor			
<b>Saturday</b> 22.30 - 00.00	UK Hype Garage/Club Classics MC Ash, Woody, Shuges			
<b>Saturday</b> 00.00 - 01.30	Saxon Sound			
<b>Sunday</b> 01.30 - 02.30	Cappacino, Kat and Eddie's Guilty Pleasures Carnival Dress Prize Award			
<b>Sunday</b> 02.30 - 04.00	Rampage			
<b>04.00 - 06.00</b>	Countryman's Birthday Shoobs Featuring Eddie and Fatz OHO			

**SUNDAY 26th May**

Date/Time	Ballroom	Queen Vic	Beach Bar	Restaurant
<b>Sunday</b> 07.30 - 09.30	<b>Breakfast in the Main Restaurant</b>			
<b>Sunday</b> 09.00 - 10.00	Soulful Pilates Carroll Locke	Fit2fite - Gospel Ross Mathieu		
<b>Sunday</b> 10.00 - 11.00	Fit2fite Flexibility Dianne Reilly	Dean Heitman Totally Shredded UK Garage		

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<b>Sunday 11.00 - 12.00</b>		<b>Sunny Singh Bhangracise</b>		
<b>Sunday 12.00 - 13.00</b>			<b>Games Room</b> Pool, Snooker, Crazy, Golf, Darts	<b>Old Skool Brunch Restaurant</b> <b>Shuges &amp; Big Business</b>
<b>Sunday 13.00 - 14.00</b>			<b>Games Room</b> Pool, Snooker, Crazy, Golf, Darts	<b>Old Skool Brunch Restaurant</b> <b>Shuges &amp; Big Business</b>
<b>Sunday 14.00 - 15.00</b>			<b>Games Room</b> Pool, Snooker, Crazy, Golf, Darts	<b>Old Skool Brunch Restaurant</b> <b>Shuges &amp; Big Business</b>
<b>Sunday 15.00 - 16.30</b>		<b>Karaoke with Comedy From Slim Hosted by Shaq D &amp; Kat B</b>	<b>Games Room</b> Pool, Snooker, Crazy, Golf, Darts	
<b>Sunday 16.30 - 18.00</b>		<b>Mr B</b>	<b>Games Room</b> Pool, Snooker, Crazy, Golf, Darts	
<b>Sunday 18.00 - 20.00</b>	<b>Dinner in the Main Restaurant</b>			
<b>Customise Your Sand Bay T-Shirt Party</b>				
<b>Sunday 22.00 - 23.00</b>	<b>UK Hype Garage/Club Classics MC Ash, Woody, Shuges</b>			
<b>Sunday 23.00 - 00.00</b>	<b>Smooth Urban Soul</b>			
<b>Monday 00.00 - 01.00</b>	<b>Fatz OHO</b>			
<b>Monday 01.00 - 02:00</b>	<b>TLC &amp; Cookie</b>			
<b>Monday 27th May</b>				
<b>Monday 08.00 - 10.00</b>	<b>Breakfast in the Main Restaurant</b>			
<b>Monday 10:00</b>	<b>Checkout and time to go home - Meet coaches at the Main Reception Stratford &amp; Brixton Coaches 11am Prompt</b>			

All fitness classes are first come, first served - Timetable subject to change without prior notice.