



FEB SATURDAY

MODERATE



SLEEPING WARRIOR

Syosambu Location (Elementaita)

- -Hiking and trekking
- -Ground activities

Requirements -Transport

Charges TBA

-Lunch

APR

11-13

THURSDAY - SATURDAY

000 **EASY**



A MAISHA BOOTCAMP

Amboseli Serena

Variety of ground activities including; HIIT exercises, Swimming challenge, Body conditioning

- Game drives, Boot camp activities

MT. KIPIPIRI

Requirements -Full board

Charges TBA (Lipa pole

Accommodation pole window)

JUN

SATURDAY

MODERATE



A MAISHA CHALLENGE

Nairobi Serena Hotel

- Varieties of activities
- Aqua, dance, aerobics, spin session

Requirements

Charges

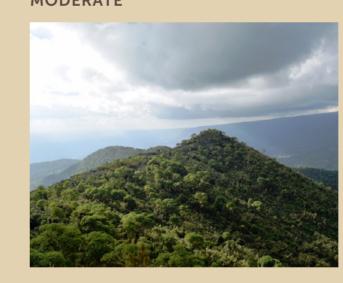
- Refreshments

NIL

AUG

SATURDAY

MODERATE



Aberdare

-Hiking and trekking

-Ground activities

Requirements

Charges

-Transport -Lunch

TBA

OCT

HARD



THE SEVEN **PONDS**

Aberdare

-Hiking, Ground activities

Requirements

Charges

-Transport, Lunch

TBA

Standard Charted

Nairobi Marathon

Requirements

Date/Charges

- Jog / run / walk TBA

DEC

SATURDAY

•000 **EASY**



MAISHA OUTDOOR

Nairobi Serena Hotel (End of year activity)

- Spin, dance, aerobics
- Various activities

Requirements

Charges

- Refreshments NIL

Gym schedule activities continue from Mondays to Saturdays

