

FRIDAY	GUIDED TRAIL RUNS			EXTRA ADVENTURES			JUST SHOW UP		JUST SHOW UP		EXTRA WORKSHOPS	
							WORKOUTS/MOVEMENT		RUNS			
07:00							07:00	SUNRISE YOGA WITH CARL FROM STRETCH		07:00		07:00
08:00							08:00		PROJECT AWESOME			08:00
09:00							09:00					09:00
10:00							10:00					10:00
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23:00							23:00					23:00

