

GUIDED TRAIL RUNS					EXTRA ADVENTURES					JUST SHOW UP		JUST SHOW UP		EXTRA WORKSHOPS				
										WORKOUTS/MOVEMENT		RUNS						
07:00					07:00					07:00			07:00					
08:00					08:00					08:00	SUNRISE KUNDALINI YOGA WITH DOUG WILSON		08:00					
09:00	LOVE TRAILS ADVENTURES AT RHOSSILI (3KM & 5KM)	FUELLED BY TRIBE (5KM)	RUN TO CONSERVATION WITH GOODGYM (TBC)	PLAY IN THE WILD WOMEN'S RUN (15KM)	09:00	RUN TO COASTEERING (15KM)	RUN TO SEA KAYAKING (10KM)	RUN TO COASTEERING (15KM)	RUN TO SURFING (15KM)		RUN TO PARAGLIDING (13KM)	09:00	ABSOLUTE BEGINNERS YOGA WITH CHARLIE DARK		09:00	RUN TO WILD SWIM - BLUEPOOL CORNER (20KM)		
10:00												10:00	BODY ON FIRE HIIT WORKOUT				VERTICAL KM WITH RUN THE WILD	10:00
11:00		SALOMON WOMEN'S RUN (7.5KM)										11:00	REGGAE YOGA WITH CHARLIE GRANGER					AYURVEDA YOGA WITH ROANNA ROSE DOLEMAN
12:00					12:00					12:00			12:00	DEPART BETWEEN 09:00 AND 12:00				
13:00	LOVE TRAILS ADVENTURES AT RHOSSILI (3KM & 5KM)			LOVE TRAILS SUNDAY LONG RUN (23KM)	13:00					13:00			13:00					
14:00		RUN TALK RUN MINDFULNESS RUN (5KM)			14:00					14:00			14:00					
15:00			VIVO BAREFOOT INNOVATE SUSTAINABILITY PLOGGING RUN (5KM)		15:00					15:00			15:00					
16:00					16:00					16:00			16:00	RUN DEM CREW (4KM) + LIVE ELECTRONIC PERFORMANCE				
17:00					17:00					17:00			17:00					
18:00					18:00					18:00	LOVE TRACK		18:00					
19:00					19:00					19:00			19:00					
20:00					20:00					20:00			20:00					
21:00					21:00					21:00			21:00					
22:00					22:00					22:00			22:00					
23:00					23:00					23:00			23:00					