

SUNDAY	GUIDED TRAIL RUNS				EXTRA ADVENTURES								JUST SHOW UP		JUST SHOW UP		EXTRA WORKSHOPS			
													WORKOUTS/MOVEMENT		RUNS					
	07:00				07:00	RUN TO SEA KAYAKING (10KM)							07:00	SUNRISE KUNDALINI YOGA WITH DOUG WILSON	07:00		07:00			
	08:00				08:00			RUN TO COASTEERING (15KM)						08:00		08:00		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 SURFING (15KM)					09:00	ABSOLUTE BEGINNERS YOGA WITH CHARLIE DARK	VERTICAL KM WITH RUN THE WILD	09:00	RUN TO WILD SWIM - BLUEPOOL CORNER (20KM) DEPART BETWEEN 09:00 AND 12:00	09:00
	10:00						10:00				BODY ON FIRE HIIT WORKOUT			10:00				10:00		
	11:00		SALOMON WOMEN'S RUN (7.5KM)				11:00		REGGAE YOGA WITH CHARLIE GRANGER		AYURVEDA YOGA WITH ROANNA ROSE DOLEMAN	11:00			11:00					
	12:00				12:00															
	13:00	LOVE TRAILS ADVENTURES AT RHOSSILI (3KM & 5KM)		RUN TALK RUN MINDFULNESS RUN (5KM)	RUN TO WINE TASTING (5KM)	SALOMON TIME TO PLAY SOCIAL RUN WITH TOM OWENS & BETH PASCAL (8KM)	LOVE TRAILS SUNDAY LONG RUN (23KM)	13:00	RUN TO SEA KAYAKING (10KM)				13:00							
	14:00									14:00										
	15:00									15:00										
	16:00			VIVO BAREFOOT INNOVATE SUSTAINABILITY PLOGGING RUN (5KM)				16:00		RUN TO ROCK CLIMBING (10KM)				16:00						
	17:00						17:00		RUN TO SURFING (15KM)					17:00						
	18:00						18:00				RUN TO LONG TABLE BANQUET (5KM)				18:00	LOVE TRACK				
	19:00						19:00								19:00					
	20:00						20:00							20:00						
	21:00						21:00						21:00							
	22:00						22:00						22:00							
	23:00						23:00						23:00							

