

SUNDAY	GUIDED TRAIL RUNS		EXTRA ADVENTURES			JUST SHOW UP		JUST SHOW UP		EXTRA WORKSHOPS	
						WORKOUTS/MOVEMENT		RUNS			
07:00											
08:00						SUNRISE KUNDALINI YOGA WITH DOUG WILSON					
09:00	LOVE TRAILS ADVENTURE 3KM & 5KM		RUN TO COASTEERING (15KM)	RUN TO SEA KAYAKING (10KM)		ABSOLUTE BEGINNERS YOGA WITH CHARLIE DARK		RUN TO WILD SWIM - BLUEPOOL CORNER (20KM) DEPART BETWEEN 09:00 AND 12:00			
10:00					RUN TO COASTEERING (15KM)	BODY ON FIRE HIIT WORKOUT					
11:00	LOVE TRAILS ADVENTURE 3KM & 5KM	SALOMON WOMEN'S RUN (7.5KM)			RUN TO SURFING (15KM)	REGGAE YOGA WITH CHARLIE GRANGER	AYURVEDA YOGA WITH ROANNA ROSE DOLEMAN				
12:00											
13:00											
14:00	RUN TO WINE TASTING (5KM)	RUN TALK RUN MINDFULNESS RUN		RUN TO SEA KAYAKING (10KM)							
15:00				RUN TO ROCK CLIMBING (10KM)							
16:00					RUN TO SURFING (15KM)				RUN DEM CREW (4KM) + LIVE ELECTRONIC PERFORMANCE		
17:00											
18:00											
19:00											
20:00											
21:00											
22:00											
23:00											

