

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		08:00
09:00									09:00			09:00		09:00
10:00									10:00			10:00		10:00
11:00									11:00			11:00		11:00
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21:00									21:00			21:00		21:00
22:00									22:00			22:00		22:00
23:00									23:00			23:00		23:00

