

SATURDAY	GUIDED TRAIL RUNS						EXTRA ADVENTURES						JUST SHOW UP WORKOUTS/MOVEMENT		JUST SHOW UP RUNS				EXTRA WORKSHOPS										
	07:00							07:00							07:00	KUNDALINI YOGA WITH DOUG WILSON		07:00					07:00						
	08:00	LTF ULTRA MARATHON 55KM			WILD TRAIL RUNNERS (25KM)			RUN TO COASTEERING (15KM)	RUN TO SEA KAYAKING (10KM)			08:00	PROJECT AWESOME SLIP & SLIDE		08:00					08:00									
	09:00		LOVE TRAILS ADVENTURE 3KM & 5KM	WE ARE DAYBREAK (18KM)								09:00		RUN TO WILD SWIM - BLUEPOOL CORNER (20KM)	ADVENTURE OBSTACLE COURSE RUN (5KM)	SUMMER TRAILS (7KM AND 16KM MARKED COURSE)	FIND & SEEK: ORIENTEERING CHALLENGE	WORLD BEER MILE WORLD CHAMPIONSHIPS	09:00										
	10:00					MINDFUL RUN WITH SARAH CURTIS 5KM			RUN TO SURFING (15KM)	RUN TO PARAGLIDING (13KM)	RUN TO ROCK CLIMBING (10KM)	10:00						10:00	10:00										
	11:00				SHE RUN'S OUTDOORS 17KM													RUN TO SEA KAYAKING (10KM)	RUN TO SURFING (15KM)	11:00	11:00								
	12:00		LOVE TRAILS ADVENTURE 3KM & 5KM			RUN TO BEACH CLEAN WITH GOODGYM (21KM)						12:00								12:00	12:00								
	13:00						WMN RUN (10KM)				RUN TO ROCK CLIMBING (10KM)	13:00							13:00	13:00									
	14:00			VIVOBAREFOOT INNOVATE SUSTAINABLY PLOGGING RUN	RUN TO WINE TASTING (5KM)	MIKKELLER BEER RUN (7KM)		SALOMON TIME TO PLAY SOCIAL RUN WITH TOM OWENS & BETH PASCAL (6KM)				14:00							14:00	14:00									
	15:00								RUN TO SEA KAYAKING (10KM)	RUN TO SURFING (15KM)	RUN TO ROCK CLIMBING (10KM)	15:00						15:00	15:00										
	16:00											16:00						16:00	16:00										
	17:00							RUN TO ROCK CLIMBING (10KM)				17:00						17:00					17:00						
	18:00											18:00						18:00					18:00						
	19:00								RUN TO COASTEERING (15KM)			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						



