

WELCOME TO OUR FESTIVAL.

Here is the schedule for the weekend including everything that is happening on and off the site. After a day of some physical exertion, the evenings will offer free-time where you can relax, meet new friends and soak up the atmosphere of the camp.



FRIDAY AFTERNOON SCHEDULE

	1:00 - 2:30	2:30 - 4:00	4:00 - 5:00	5:00 - 6:00	6:00 - 7:00	7:00 - 8:00	8:00 ONWARDS
ARRIVAL FROM 1:00	1:00 - 3:00 MOVE ONTO SITE - SET UP TENTS						
WELCOME					6:00		
NAVIGATION GAME			3:00 - 5:00 OUR ICE BREAKER NAVIGATION			ANSWERS/ RESULTS	
DANCE IN STRETCH-TENT						6:30 - 7:15	
ENTERTAINMENT TIME				FREETIME EVENING MEALTIME/MUSIC/DANCE			MUSIC UNTIL 10:00



SATURDAY MORNING SCHEDULE

	8:30 - 8:40	8:40 - 9:00	9:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 12:30	12:30 - 1:30 EAT/LISTEN/RELAX
8:30 WAKE UP SHAKE UP	10 MINS						<p>SPEAKER OVER THE LUNCH TIME - DR KATHERINE HICKMAN</p>
RUN 1 1 HOUR +		10K TRAIL RUN INTERMEDIATE MEET SARAH @ 9:00					
RUN 2 APPROX 4 MILE		45 MINUTE RUN MEET SUE @ 9:00					
RUN 3 5 KM		30 MIN EASY MEET EMMA @ 9:00					
MOUNTAIN BIKE W/EMILY			ROLL OUT AT 9:30 1.5H MOUNTAIN BIKE SKILLS SESSION				
MOUNTAIN BIKE 2 HOURS			ROLL OUT AT 9:30 WITH MICHELLE - EASY PACE 1.5 HOURS MOUNTAIN BIKE RIDE				
MOUNTAIN BIKE 2 HOURS			ROLL OUT AT 9:30 WITH LOU - STEADY/MOD PACE 2 HOURS MOUNTAIN BIKE RIDE				
PILATES WITH JANE		8:45 TO 9:35 SESSION APPROX 55 MINS	9:45 TO 10:35 SESSION APPROX 55 MINS				
FORAGING			MEET LISA @ 9:30 - 11:00 SESSION 1				
YOGA					11:30 - 12:30 RUNNERS YOGA	12:30 - 1:30 PG SHOP IS OPEN	
LUCY FROM CARNELIA					11:00 - 12:00 LUCY'S TALK IN BIG YURT		



SATURDAY AFTERNOON SCHEDULE

	1:00 - 2:30	2:30 - 4:00	4:00 - 5:00	5:00 - 6:00	6:00 - 7:00	7:00 - 8:00	8:00 ONWARDS
YOGA		2:00 - 3:00 VINYASA FLOW YOGA - BEGINNER	3:00 - 4:00 VINYASA FLOW YOGA IMPROVER				
MASSAGE	1:00 - 3:30 BOOK VIA BLACKBOARD *CHARGABLE						
FORAGING		1:30 - 3:00 SESSION 2					
TRAIL WALKING		1:30 - 3:00 4 MILE TRAIL WALK					
DANCE			4:00 - 4:45 DANCE WITH EMMA				
GAMES				5:00 - 6:00 A FEW FUN GAMES TO WATCH OR JOIN IN			
MOUNTAIN BIKE W/EMILY		1:30 - 3:00 MOUNTAIN BIKE SKILLS			FREETIME EVENING MEALTIME		
ENTERTAINMENT TIME					6:00 - 7:00 SPEAKERS MILLIE 6:00 REV KATE 6:30	7:00 - 10:00 MUSIC AND SILENT DISCO	
BOOTCAMP			3:30 - 4:00 30 MIN BOOT CAMP				



SUNDAY MORNING SCHEDULE

	8:30 - 8:40	8:40 - 9:00	9:00 - 10:00	10:00 - 11:00	11:00 - 12:00	12:00 - 12:30	12:30 - 1:30 EAT/LISTEN/RELAX
WAKE UP SHAKE UP	10 MINS						<p>SPEAKER OVER THE LUNCH TIME MICHELLE MORRIS</p>
GRAVEL/MTB RIDE		ROLL OUT AT 9:00 WITH LOU GRAVELBIKE OPTION 2 HOURS GRAVEL BIKE TRAIL RIDE					
MOUNTAIN BIKE 2 HOURS		ROLL OUT AT 9:00 WITH KATIE - STEADY/MOD PACE AN INTERMEDIATE MOUNTAIN BIKE RIDE					
MOUNTAIN BIKE 1.5 HOURS		ROLL OUT AT 9:00 - WITH MICHELLE - EASY PACE 1.5 HOURS MTB RIDE ON CHEVIN					
RUN 1 1 HOUR +		10K TRAIL RUN WITH BERNIE INTERMEDIATE PACE MEET BERNIE @ 9:30					
RUN 2 APPROX 4 MILE		45 MINUTE RUN WITH ELLIE - STEADY PACE MEET @ 9:30					
RUN 3 5 KM		30 MIN WITH LUCY - EASY PACE @ 9:30					
YIN YOGA		9 TO 10 SESSION APPROX 55 MINS					
HIP HOP YOGA				10:15 - 11:00 45 MINUTE SESSION			
HIP HOP YOGA					11:30 - 12:15 45 MINUTE SESSION		

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LEANNE & SALLY FROM WELL MINDS		TALK 10:00 - 11:00 IN THE BIG YURT		12:30 - 1:30 LUNCH
PILATES			11:00 - 11:45 PILATES WITH MOLINA	
MASSAGE				12:00 - 2:30 BOOK VIA BLACKBOARD *CHARGABLE



SUNDAY AFTERNOON SCHEDULE

	1:30 - 2:30	2:30 - 3:00	
BOOTCAMP/ STRETCHING	1:30 - 2:00 30MIN BOOT CAMP & FINAL STRETCHES		
GOODBYES	3:00 PACKING AWAY TO BE OFF THE SITE BY 3 O' CLOCK		