

# FRIDAY

## GUIDED TRAIL RUNS

## EXTRA ADVENTURES

## JUST SHOW UP

## JUST SHOW UP

## EXTRA WORKSHOPS

### WORKOUTS/MOVEMENT

### RUNS

| 07:00 | 07:00 | 07:00 | 07:00                               | 07:00 |
|-------|-------|-------|-------------------------------------|-------|
|       |       |       | SUNRISE YOGA WITH CARL FROM STRETCH |       |
|       |       |       | PROJECT AWESOME                     |       |
| 09:00 | 09:00 | 09:00 | 09:00                               | 09:00 |
| 10:00 | 10:00 | 10:00 | 10:00                               | 10:00 |
| 11:00 | 11:00 | 11:00 | 11:00                               | 11:00 |
| 12:00 | 12:00 | 12:00 | 12:00                               | 12:00 |
| 13:00 | 13:00 | 13:00 | 13:00                               | 13:00 |
| 14:00 | 14:00 | 14:00 | 14:00                               | 14:00 |
| 15:00 | 15:00 | 15:00 | 15:00                               | 15:00 |
| 16:00 | 16:00 | 16:00 | 16:00                               | 16:00 |
| 17:00 | 17:00 | 17:00 | 17:00                               | 17:00 |
| 18:00 | 18:00 | 18:00 | 18:00                               | 18:00 |
| 19:00 | 19:00 | 19:00 | 19:00                               | 19:00 |
| 20:00 | 20:00 | 20:00 | 20:00                               | 20:00 |
| 21:00 | 21:00 | 21:00 | 21:00                               | 21:00 |
| 22:00 | 22:00 | 22:00 | 22:00                               | 22:00 |
| 23:00 | 23:00 | 23:00 | 23:00                               | 23:00 |

