

SUNDAY

GUIDED TRAIL RUNS

EXTRA ADVENTURES

JUST SHOW UP

JUST SHOW UP

EXTRA WORKSHOPS

WORKOUTS/MOVEMENT

RUNS

Time	Guided Trail Runs	Extra Adventures	Just Show Up (Workouts/Movement)	Just Show Up (Runs)	Extra Workshops
07:00					
08:00			SUNRISE KUNDALINI YOGA WITH DOUG WILSON		
09:00	LOVE TRAILS ADVENTURES AT RHOSSILI (3KM & 5KM)	RUN TO SEA KAYAKING (10KM)	ABSOLUTE BEGINNERS YOGA WITH CHARLIE DARK	RUN TO WILD SWIM - BLUEPOOL CORNER (20KM)	
10:00	FUELLED BY TRIBE (5KM)	RUN TO COASTEERING (15KM)	BODY ON FIRE HIIT WORKOUT	DEPART BETWEEN 09:00 AND 12:00	
11:00	SALOMON WOMEN'S RUN (7.5KM)	RUN TO SURFING (15KM)	AYURVEDA YOGA WITH ROANNA ROSE DOLEMAN		
12:00	PLAY IN THE WILD WOMEN'S RUN (15KM)	RUN TO SEA KAYAKING (10KM)	REGGAE YOGA WITH CHARLIE GRANGER		WIM HOF METHOD
13:00	LOVE TRAILS SUNDAY LONG RUN (23KM)	RUN TO ROCK CLIMBING (10KM)			
14:00	LOVE TRAILS ADVENTURES AT RHOSSILI (3KM & 5KM)	RUN TO SURFING (15KM)			
15:00	RUN TALK RUN MINDFULNESS RUN (5KM)	RUN TO SEA KAYAKING (10KM)			
16:00	VIVO BAREFOOT INNOVATE SUSTAINABILITY PLOGGING RUN (5KM)	RUN TO ROCK CLIMBING (10KM)		RUN DEM CREW (4KM) + LIVE ELECTRONIC PERFORMANCE	RUNNERS MOUNTAIN MARATHON NAVIGATION
17:00	LOVE TRAILS ADVENTURES AT RHOSSILI (3KM & 5KM)	RUN TO SURFING (15KM)			RUNNING WITH POLES
18:00	LOVE TRAILS ADVENTURES AT RHOSSILI (3KM & 5KM)	RUN TO LONG TABLE BANQUET (5KM)	LOVE TRACK		
19:00					
20:00					
21:00					
22:00					
23:00					

