

SATURDAY	COACHING	GUIDED RIDES	BIKE COLLECT MAINTENANCE WORKSHOPS	ACTIVITIES	SUNDAY	GUIDED RIDES	ACTIVITIES
8:45AM	WELCOME WARM-UP AND SAFETY BRIEFING MANDATORY FOR ALL RIDERS PARTICIPATING IN COACHING - REGARDLESS OF SKILL LEVEL				7:00AM		YOGA
9:30AM	COACHING SESSIONS A1-A11	INTERMEDIATE	BEGINNER BIKES BIKE CHECK AND BASICS	NUTRITION WORKSHOP MASSAGES START!	9:00AM	GUIDED RIDES ALL SKILL LEVELS	MASSAGES START! YOGA PHOTOGRAPHY MASTERCLASS
10:45AM	COACHING SESSIONS B1-B11	ELEMENTARY INTERMEDIATE/ADVANCED	INTERMEDIATE BIKES GEARS AND TYRES	NUTRITION WORKSHOP	10:30AM		DUAL SLALOM RACE
12:30PM	LUNCH!				12:00PM	GUIDED RIDE ADVANCED ONLY	
1:15 PM	COACHING SESSIONS C1-C11	BEGINNER INTERMEDIATE/ADVANCED	INTERMEDIATE BIKES SUSPENSION	NUTRITION WORKSHOP	2:00PM		MASSAGES FINISH
2:30PM	COACHING SESSIONS D1-D11	ELEMENTARY INTERMEDIATE	ADVANCED BIKE MECHANICS	NUTRITION WORKSHOP PHOTOGRAPHY MASTERCLASS	3:00PM	FESTIVAL FINISHES	
3:45PM	BRYMANS TRAIN - LONGEST FEMALE TRAIN, EVER!				COACHING: ALL SESSIONS ARE APPROXIMATELY 1 HOUR IN LENGTH PLEASE ARRIVE AT COACHING / GUIDED RIDES SESSIONS 5 MINUTES EARLY PLEASE CHECK THE COACHING SCHEDULE FOR MEETING POINTS		
5:00PM	TRACKSTAND CHALLENGE			YOGA	BIKE MAINTENANCE: WORKSHOPS WILL BE AT THE BIKE COLLECT TENT SESSIONS WILL BE 30 - 45 MIN IN LENGTH PHOTOGRAPHY MASTERCLASSES: MEET DENZIL AT THE CAFE		
6:30PM	MARQUEE DINNER			MASSAGES FINISH	LADIES ONLY AREA ACTIVITIES: YOGA - 1 HOUR SESSIONS ON THE GRASS, MASSAGES - 15 MINUTES LONG, NUTRITION WORKSHOPS 30-45 MINUTES LONG IN MARQUEE		

