

ADULT ACTIVITY FINDER

Please note, yoga sessions are not suitable for pregnant women

SATURDAY

TIME	ACTIVITY	WHERE
08:00	Family warm up	Stage
08:15	Rise & Shine: Meditate, Manifest, Movement Family yoga**	Wellness tipi Open tipi
09:50	From struggle to strength: The truth about weight loss - Jo Partridge Family fitness	Wellness tipi Stage
	Football	Football zone
11:05	Finding calm within the chaos - Anna Gough Legs, bums & tums Boxing	Wellness tipi Open tipi Boxing zone
12:20	Panel chat - managing emotional & competitive kids - Suzanne Shaw & guests Ashtanga yoga** Golf	Wellness tipi Open tipi Golf zone
13:15	Lunch	
14:20	Optimising women's health through nutrition and lifestyle - Dr Nitu & Rohini Martial arts capo flow Athletics Functional Fitness	Wellness tipi Stage Athletics zone Fitness zone
15:35	Breathwork - Anna Gough Bodyweight strength & conditioning Dancefit Netball	Wellness tipi Open tipi Stage Netball zone
16:50	Eating healthy on a budget - Dr Nitu & Rohini Dads and sons warrior camp (12+) - James O'Keefe Afternoon yoga** to ease out your day Family lacrosse	Stage Wellness tipi Open tipi Lacrosse zone
18:15	Legend/Adult games	Listen for announcements
18:45	Meditation with James O'Keefe	Wellness tipi

NOTE: Sessions in bold are talks / workshops

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SUNDAY

TIME	ACTIVITY	WHERE
08:00	Family warm up	Stage
08:15	Calm before the chaos - breathwork & meditation HIIT Morning yoga**	Wellness tipi Stage Open tipi
09:50	Martial arts capo flow Drumba	Wellness tipi Drumba zone
11:05	Men's mental health panel - James O'Keefe and guests Legs, bums & tums Skipping Archery	Wellness tipi Stage Skipping zone Archery zone
12:20	Dancefit Day time yoga** Hockey Golf	Stage Open tipi Hockey zone Golf zone
13:15	Lunch	
14:20	Family fitness Dads and sons warrior camp (12+) - James O'Keefe Boxing Rugby	Stage Wellness tipi Boxing zone Rugby zone
15:35	Fitness circuit Afternoon yoga** Medieval sword fighting	Stage Open tipi MSF zone
16:50	Hormones & fitness demo & talk - James Griffiths Dancefit Meditation with James O'Keefe Circus skills	Wellness tipi Stage Open tipi Circus zone
18:15	Legend/Adult games	Listen for announcements