

MIND.BODY.PEDAL

Time	Session
8.00am - 9.00am	Session set up Facilitator briefing
9.00 - 9.15am	Welcome introduction
9.15am - 10.20am	Session 1
10.25am - 11.30am	Session 2
11.30am - 12.00pm	Recess
12.05pm - 1.10pm	Session 3
1.10pm - 1.50pm	Lunch
1.55pm - 3.00pm	Session 4
3.05pm - 3.15pm	Wrap up
3.15pm - 4.00pm	Bump out