

Start Time	Name	End Time	Duration	Comment
Wed 12-Jul-2023				
14:00	FC Above and Beyond	15:00	1h	Groups 1 & 2 (max 8 participants in each)
14:00	FC Archery 1	15:45	1h45m	Groups 3 & 4 (max 8 participants in each)
14:00	FC Canoeing 2	15:45	1h45m	Group 5 (max 8 participants)
16:00	FC High Ropes/Aerial Adventure	17:45	1h45m	Groups 1 & 2
18:15	Dinner (Main)	19:00	45m	
Thu 13-Jul-2023				
08:45	Breakfast (Main)	09:30	45m	
10:00	FC Above and Beyond	11:00	1h	Groups 3 & 4
10:00	FC Team Dynamics 1	11:00	1h	Group 5
11:15	FC Abseiling 1	13:00	1h45m	Groups 1 & 2
11:15	FC Abseiling 2	13:00	1h45m	Group 5
11:15	FC High Ropes/Aerial Adventure	13:00	1h45m	Groups 3 & 4
13:15	Lunch (Main)	14:00	45m	
14:45	FC Team Dynamics 1	15:45	1h	Groups 1 & 2
16:00	FC Archery 1	17:45	1h45m	Group 5
16:00	FC Canoeing 1	17:45	1h45m	Groups 1 & 2
16:00	FC Canoeing 2	17:45	1h45m	Groups 3 & 4
18:15	Dinner (Main)	19:00	45m	
19:15	FC Campfire	21:15	2h	Self-supervised - all equipment and wood provided
Fri 14-Jul-2023				
08:45	Breakfast (Main)	09:30	45m	
10:00	FC Above and Beyond	11:00	1h	Group 5
10:00	FC Team Dynamics 1	11:00	1h	Groups 3 & 4
11:15	FC Abseiling 1	13:00	1h45m	Groups 3 & 4
11:15	FC Archery 1	13:00	1h45m	Groups 1 & 2
11:15	FC High Ropes/Aerial Adventure	13:00	1h45m	Group 5
13:15	Lunch (Main)	14:00	45m	