

FESTIVAL TIMETABLE

DAY ONE - THURSDAY

MAIN STAGE

DAYLIGHT DISCO WITH HARRY PEARCE	14.00 - 16.30
THE BEATLES DUB CLUB	17.00 - 18.00
BEAR GRYLLS	18.40 - 19.00
DICK & DOM	19.00 - 20.00

ADVENTURE COVE

DEON BARRETT	14.15 - 15.15
CHRIS TERRILL	15.30 - 16.30
XENNA AS TAYLOR SWIFT	17.15 - 18.15
COLDPLACE (COLDPLAY TRIBUTE)	20.00 - 21.30

SCIENCE TENT

KIDS INVENT STUFF - WILDFLOWER CANNONS WORKSHOP	12.00 - 13.00
INCREDIBLE OCEANS	13.30 - 14.30
SILLY SCIENCE SHOW	15.00 - 15.45
SILLY SCIENCE WORKSHOP	15.45 - 16.45

THE CLUBHOUSE

ON FIRE & RESCUE OPENING PARTY	20.00 - 23.45
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ADRENALINE ZONE

MOUNTAIN BOARDING *	11.15 - 17.00
FREEDROP *	11.30 - 18.00
DIRT SCOOTERS *	11.15 - 17.00
GRASS SLEDGING *	11.15 - 17.00
HOPE ACADEMY MOUNTAIN BIKES	11.00 - 17.30
FULL QUAD ADVENTURE *	11.15 - 18.45
TEEN QUAD ADVENTURE *	11.15 - 18.45
MINI QUAD SAFARI *	11.30 - 18.00

FUN ZONE

FACE 'N' GLITZ *	11.00 - 19.00
CRAZY BIKES	11.00 - 18.00
MEGA BALLS	11.00 - 18.00
PING PONG	11.00 - 18.00
COLOUR TOWN	11.00 - 18.00
MINI GOLF *	11.15 - 17.15 19.00 - 22.00
FOOTBALL POOL *	11.15 - 17.15

FITNESS

NORWICH CITY COMMUNITY SPORTS FOUNDATION	11.00 - 18.00
KRAY MAGA DEMOS / INTERACTION	11.00 - 12.00
ASSAULT COURSE	11.15 - 17.00
KRAY MAGA HANDGUN AND LONG WEAPON DISARMS	12.00 - 12.45
KRAY MAGA DEALING WITH KNIFE THREATS AND ATTACKS	13.00 - 13.45
KRAY MAGA LIVE DEMONSTRATION WITH 7PKM TEAM	14.00 - 14.30
KRAY MAGA DEALING WITH COMMON GRABS CHOKES AND CLINCHES	15.15 - 15.45
KRAY MAGA GROUND FIGHTING TECHNIQUES	16.00 - 16.45
KRAY MAGA MULTIPLE ATTACKER SCENARIOS	17.00 - 17.45

BIG TOP MANIA

CIRCUS SKILLS	11.00 - 18.00
TRAPEZE WORKSHOPS	12.00 - 13.00 15.00 - 16.00
BALLOON HATS AND DOGS	14.00 - 15.00
CLOWN TIME FUN SHOW	17.00 - 17.30
FAMILY FUN DISCO	18.00 - 19.00

LAKESIDE

OPEN WATER SWIMMING	11.00 - 19.00
OPEN WATER SWIMMING COACHING - KIDS *	14.00 - 14.30 15.00 - 15.30
OPEN WATER SWIMMING COACHING - ADULTS *	14.30 - 15.00
ROOKIE LIFESAVING *	15.30 - 16.30
KAYAK	11.00 - 18.30
SUP BOARD	11.00 - 18.30
SUP EXPERIENCE *	18.00 - 20.00
SUP LESSONS *	11.30 - 12.30 13.30 - 14.30 15.30 - 16.30 18.00 - 20.00
MEGA SUP *	11.30 - 17.00
MEGA SUP TWILIGHT *	18.00 - 18.30 19.00 - 19.30
RAFT BUILDING	11.00 - 18.00
EAST ANGLIAN AIR AMBULANCE CPR TRAINING	11.00 - 18.00

BEAR CHILLS WELLNESS AREA

WILD SAUNA *	14.00 - 21.00
DEEP RELAXATION *	11.30 - 12.00
STRESS RELIEF *	12.30 - 13.00
ANXIETY RELIEF *	13.30 - 14.00
POWER NAP *	14.30 - 15.00
HYNOPTIC FACELIFT *	15.30 - 16.00
MOVEMENT TENT	11.00 - 17.00
IMMERSION TENT *	11.00 - 17.00
ZEN BUS *	11.00 - 17.00
A SPACE TO BE TENT *	11.00 - 17.00
THE CALM ZONE	11.00 - 17.00

CLIMBING ZONE

CLIMBING WALL	11.00 - 18.00
MOBILE CAVING	11.00 - 18.00
ABSEIL	11.00 - 18.00
ABSEIL (EXTRA) *	11.15 - 18.15
TREE CLIMBING *	11.15 - 18.00

SKATE RAMPS

GONE WILD SKATEPARK	11.00 - 12.00 16.00 - 17.00
SKATEBOARD WORKSHOPS	12.00 - 13.00 14.00 - 15.00
KING RAMPS PRO DEMO	13.00 - 14.00 15.00 - 16.00 17.00 - 18.00

HISTORY ZONE

GET MEDIEVAL	11.15 - 18.30
STONE AGE KIDS ARCHERY	11.00 - 18.00
CATAPULT RANGE	11.00 - 18.00
STONE ARROW TIP MAKING	11.00 - 18.00
CLAY LAMPS	11.00 - 18.00
STONE AGE SELFIE BOOTH	11.00 - 18.00
STONE AGE NECKLACES & TALISMANS *	11.15 - 17.30
STONE AGE ARROW MAKING *	11.15 - 17.30
STONE AGE MINI BOW & ARROW MAKING *	11.15 - 17.30
STONE AXE MAKING *	11.15 - 17.30
THE FORGE BLACK-SMITH WORKSHOPS *	11.30 - 17.30

BEAR GRYLLS SURVIVAL ACADEMY

SURVIVAL ISLAND *	11.30 - 18.00
CAMO & CONCEALMENT	11.00 - 18.00
SHELTER BUILDING	11.00 - 18.00
KNOW YOUR KNOTS	11.00 - 18.00
FIRELIGHTING	11.00 - 18.00
GROSS EAT STATION	11.00 - 18.00
NAVIGATION	11.00 - 18.00
COMMANDO CRAWL	11.00 - 18.00
OBSERVATION LANE	11.00 - 18.00
PARACORD BRACLETS	11.00 - 18.00
BERGEN PICK UP CHALLENGE	11.00 - 18.00
SURVIVAL ARCHERY	11.00 - 18.00
SPEAR MAKING	11.00 - 18.00
SKINNING & GUTTING	11.00 - 18.00
EDIBLES OR DEADIBLES	11.00 - 18.00

UNDER THE CANOPY

SKILLS ASSAULT COURSE	11.00 - 18.00
THE STALK	11.00 - 18.00
COMMANDO PAINTBALL AMBUSH *	11.15 - 18.00
HAMMER & NAIL PLAYGROUND	11.00 - 18.00
LASER TAG	11.00 - 18.00
THE NIGHT FIGHT *	19.00 - 22.30

COMBAT ZONE

ARCHERY	11.00 - 18.00
AXE THROWING	11.00 - 18.00
SPEAR THROWING	11.00 - 18.00
COMBAT ARCHERY	11.00 - 18.00
COMMANDO CLOSE QUARTER BATTLE LANE *	13.00 - 18.30
COMMANDO SNIPER SHOOT *	13.00 - 18.30
COMMANDO SHOOTING RANGE *	11.00 - 18.30
NERF	11.00 - 18.00

DINOMANIA

DINO DIG PIT	11.30 - 17.00
MEET SPIKE THE SPINOSAURUS	11.30 - 12.00
DESIGN YOUR OWN DINOSAUR	12.30 - 13.30
CREATE YOUR OWN FOSSIL	14.30 - 15.30
INTERACTIVE DINOSAUR MUSEUM	16.00 - 17.00

*ADDITIONAL COST
All timings are subject to change.

FESTIVAL TIMETABLE

DAY TWO - FRIDAY

MAIN STAGE

BRAINIAC LIVE REMIXED	14.30 - 15.30
HACKER T DOG & KATIE THISTLETON	16.00 - 17.00
CASSIA	17.30 - 18.30
LUCY SPRAGGAN	19.00 - 20.00
CLEAN BANDIT	20.45 - 22.00

ADVENTURE COVE

BECKY BOPS MUSIC & MOVEMENT SESSION	09.00 - 09.45
BECKY BOPS BOOK & BUBBLE SESSION	10.00 - 10.30
ADAM CLAYTON	12.00 - 13.00
ANNA WHITEHOUSE (MOTHER PUKKA)	13.15 - 14.15
DANNY CRATES	14.30 - 15.30
FAMILY RAVE	16.00 - 17.30
ED SHEERAN EXPERIENCE	18.00 - 19.00
WOODY COOK DJ	22.00 - 23.30

SCIENCE TENT

KIDS INVENT STUFF - DROP IN ACTIVITIES	09.00 - 12.00
KIDS INVENT STUFF - FIZZY ROCKETS WORKSHOP	12.00 - 13.00
INCREDIBLE OCEANS	13.30 - 14.30
SILLY SCIENCE SHOW	15.00 - 15.45
SILLY SCIENCE WORKSHOP	15.45 - 16.45

ADRENALINE ZONE

MOUNTAIN BOARDING *	09.00 - 17.00
FREEDROP *	08.50 - 18.20
DIRT SCOOTERS *	09.00 - 17.00
GRASS SLEDGING *	09.00 - 17.00
HOPE ACADEMY MOUNTAIN BIKES	08.45 - 17.30
FULL QUAD ADVENTURE *	09.00 - 18.00
TEEN QUAD ADVENTURE *	09.00 - 18.00
MINI QUAD SAFARI *	09.00 - 18.00

FUN ZONE

COLOUR TOWN	08.30 - 17.30
FOOTBALL POOL *	09.00 - 17.00
CRAZY BIKES	10.00 - 18.00
MEGA BALLS	10.00 - 18.00
PING PONG	10.00 - 18.00
FACE 'N' GLITZ *	11.00 - 19.00
FIREWALKING *	19.30 - 20.30
MINI GOLF *	09.00 - 17.00 19.00 - 22.00

FITNESS

DAILY RUN	08.30 - 09.30
NORWICH CITY COMMUNITY SPORTS FOUNDATION	09.00 - 18.00
KRAY MAGA DEMOS / INTERACTION	09.00 - 09.30
KRAY MAGA MORNING KICKSTART CRAZY 7 KICKBOXING FITNESS	09.30 - 10.15
ASSAULT COURSE	10.00 - 17.00
MORNING FITNESS CLASS	10.00 - 11.00
KRAY MAGA HANDGUN AND LONG WEAPON DISARMS	11.00 - 11.45
KRAY MAGA DEALING WITH KNIFE THREATS AND ATTACKS	12.00 - 12.45
KRAY MAGA LIVE DEMONSTRATION WITH 7PKM TEAM	13.30 - 14.00
KRAY MAGA DEALING WITH COMMON GRABS CHOKES AND CLINCHES	15.00 - 15.45
KRAY MAGA GROUND FIGHTING TECHNIQUES	16.00 - 16.45
KRAY MAGA MULTIPLE ATTACKER SCENARIOS	17.00 - 17.45

BIG TOP MANIA

CIRCUS SKILLS	10.00 - 18.00
TRAPEZE WORKSHOP	12.00 - 13.00 15.00 - 16.00
PETEZA BUBBLESHOW	14.00 - 14.30
BIG TOP MANIA CIRCUS SHOW	16.00 - 16.45
PARENTS AND CHILDRENS ACROBATICS	17.00 - 18.00

COMBAT ZONE

ARCHERY	08.30 - 17.30
AXE THROWING	08.30 - 17.30
SPEAR THROWING	08.30 - 17.30
COMBAT ARCHERY	08.30 - 17.30
COMMANDO CLOSE QUARTER BATTLE LANE *	09.00 - 18.00
COMMANDO SNIPER SHOOT *	09.00 - 18.00
COMMANDO SHOOTING RANGE *	09.00 - 18.00
NERF	08.30 - 17.30

SKATE RAMPS

PUBLIC SESSIONS	08.30 - 11.00 16.00 - 17.00
SKATEPARK WORKSHOPS	11.00 - 13.00 14.00 - 15.00 16.00 - 17.00
KING RAMPS PRO DEMO	13.00 - 14.00 15.00 - 16.00 17.00 - 18.00

LAKESIDE

OPEN WATER SWIMMING	09.00 - 19.00
OPEN WATER SWIMMING COACHING *	SESSIONS 08.15 - 16.00
ROOKIE LIFESAVING *	10.00 - 11.00 14.00 - 15.00
KAYAK	09.00 - 18.30
SUP BOARD	09.00 - 18.30
SUP EXPERIENCE *	07.00 - 09.00 18.00 - 20.00
SUP DAWN LESSONS *	07.00 - 09.00
SUP LESSONS *	07.00 - 09.00 11.30 - 12.30 13.30 - 14.30 15.30 - 16.30
SUP TWILIGHT LESSONS *	18.00 - 18.30 19.00 - 19.30
MEGA SUP *	09.00 - 17.00
MEGA SUP TWILIGHT *	18.00 - 18.30 19.00 - 19.30
RAFT BUILDING	09.00 - 18.00
EAST ANGLIAN AIR AMBULANCE CPR TRAINING	09.00 - 18.00

BEAR CHILLS WELLNESS AREA

WILD SAUNA *	09.00 - 17.00
HYPNOTIC MASSAGE *	09.30 - 10.00
ANXIETY RELIEF *	10.30 - 11.00
HYPNOTIC FACELIFT *	11.30 - 12.00
INSTANT ENERGY BOOST *	12.30 - 13.00
DEEP RELAXATION *	14.00 - 14.30
STRESS RELIEF *	15.00 - 15.30
POWER NAP *	16.00 - 16.30
MOVEMENT TENT	09.00 - 17.00
IMMERSION TENT *	09.00 - 17.00
ZEN BUS *	09.00 - 17.00
A SPACE TO BE TENT *	09.00 - 17.00
THE CALM ZONE	09.00 - 17.00

DINOMANIA

DINO DIG PIT	10.00 - 17.00
MEET SHARON THE CERATOSAURUS	10.00 - 10.30
MEET THE BABY DINOSAURS	11.00 - 11.30
DINOMANIA SHOW	12.00 - 13.00
DINOSAUR COLOURING	14.30 - 15.30
INTERACTIVE DINOSAUR QUIZ	16.00 - 17.00

THE CLUBHOUSE

ON FIRE & RESCUE SILENT DISCO	20.00 - 23.45
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BEAR GRYLLS SURVIVAL ACADEMY

SURVIVAL ISLAND *	09.00 - 18.00
DITCH THE KIDS *	20.30 - 22.20
CAMO & CONCEALMENT	09.00 - 18.00
SHELTER BUILDING	09.00 - 18.00
KNOW YOUR KNOTS	09.00 - 18.00
FIRELIGHTING	09.00 - 18.00
GROSS EAT STATION	09.00 - 18.00
NAVIGATION	09.00 - 18.00
COMMANDO CRAWL	09.00 - 18.00
OBSERVATION LANE	09.00 - 18.00
PARACORD BRACLETS	09.00 - 18.00
BERGEN PICK UP CHALLENGE	09.00 - 18.00
SURVIVAL ARCHERY	09.00 - 18.00
SPEAR MAKING	09.00 - 18.00
SKINNING & GUTTING	09.00 - 18.00
EDIBLES OR DEADIBLES	09.00 - 18.00

UNDER THE CANOPY

SKILLS ASSAULT COURSE	09.00 - 18.00
THE STALK	09.00 - 18.00
COMMANDO PAINTBALL AMBUSH *	09.00 - 18.00
HAMMER & NAIL PLAYGROUND	09.00 - 18.00
LASER TAG	09.00 - 18.00
THE NIGHT FIGHT *	19.00 - 22.30

CLIMBING ZONE

CLIMBING WALL	08.30 - 18.00
MOBILE CAVING	08.30 - 18.00
ABSEIL	08.30 - 18.00
ABSEIL (EXTRA) *	08.30 - 18.00
TREE CLIMBING *	09.00 - 18.00

HISTORY ZONE

GET MEDIEVAL	08.45 - 18.30
STONE AGE KIDS ARCHERY	08.30 - 17.30
CATAPULT RANGE	08.30 - 17.30
STONE ARROW TIP MAKING	08.30 - 17.30
CLAY LAMPS	08.30 - 17.30
STONE AGE SELFIE BOOTH	08.30 - 17.30
STONE AGE AXE MAKING *	09.00 - 17.30
STONE AGE NECKLACES & TALISMANS *	09.00 - 17.30
STONE AGE ARROW MAKING *	09.00 - 17.30
STONE AGE MINI BOW & ARROW MAKING *	09.00 - 17.30
THE FORGE BLACK-SMITH WORKSHOPS *	09.00 - 17.30

*ADDITIONAL COST
All timings are subject to change.

FESTIVAL TIMETABLE

DAY THREE - SATURDAY

MAIN STAGE

ROCK CHOIR	13.15 - 14.00
PRIMARY SCHOOL BANGERS	14.30 - 15.30
ANDY & THE ODD SOCKS	16.00 - 17.00
THE AMY WINEHOUSE BAND	17.30 - 18.30
PROFESSOR GREEN	19.00 - 20.00
MINISTRY OF SOUND CLASSICAL	20.45 - 22.00

ADVENTURE COVE

BECKY BOPS MUSIC & MOVEMENT SESSION	09.00 - 09.45
BECKY BOPS BOOK & BUBBLE SESSION	10.00 - 10.30
LES ENFANTS TERRIBLES	11.00 - 12.00
PHIL LEARNEY	12.30 - 13.30
KATY PARROTT	13.45 - 14.45
JAMES HASKELL	15.00 - 16.00
BEZ	16.30 - 17.30
JAMES HASKELL DJ	17.45 - 18.45
SLEDGEHAMMER	19.30 - 20.30
OAS-IS	22.00 - 23.30

SCIENCE TENT

KIDS INVENT STUFF - DROP IN ACTIVITIES	09.00 - 12.00
KIDS INVENT STUFF - WILDFLOWER CANNONS WORKSHOP	12.00 - 13.00
TASKMASTER EDUCATION	13.30 - 14.30
SILLY SCIENCE SHOW	15.00 - 15.45
SILLY SCIENCE WORKSHOP	15.45 - 16.45

ADRENALINE ZONE

MOUNTAIN BOARDING *	09.00 - 17.00
FREEDROP *	08.50 - 18.20
DIRT SCOOTERS *	09.00 - 17.00
GRASS SLEDGING *	09.00 - 17.00
HOPE ACADEMY MOUNTAIN BIKES	08.45 - 17.30
FULL QUAD ADVENTURE *	09.00 - 18.00
TEEN QUAD ADVENTURE *	09.00 - 18.00
MINI QUAD SAFARI *	09.00 - 18.00

FUN ZONE

COLOUR TOWN	08.30 - 17.30
FOOTBALL POOL *	09.00 - 17.00
CRAZY BIKES	10.00 - 18.00
MEGA BALLS	10.00 - 18.00
PING PONG	10.00 - 18.00
FACE 'N' GLITZ *	11.00 - 19.00
FIREWALKING *	19.30 - 20.30
MINI GOLF *	09.00 - 17.00 19.00 - 22.00

FITNESS

DAILY RUN	08.30 - 09.30
NORWICH CITY COMMUNITY SPORTS FOUNDATION	09.00 - 18.00
KRAY MAGA DEMOS / INTERACTION	09.00 - 09.30
KRAY MAGA MORNING KICKSTART CRAZY 7 KICKBOXING FITNESS	09.30 - 10.15
MORNING FITNESS CLASS	10.00 - 11.00
ASSAULT COURSE	10.00 - 17.00
KRAY MAGA HANDGUN AND LONG WEAPON DISARMS	11.00 - 11.45
KRAY MAGA DEALING WITH KNIFE THREATS AND ATTACKS	12.00 - 12.45
KRAY MAGA LIVE DEMONSTRATION WITH 7PKM TEAM	13.30 - 14.00
KRAY MAGA DEALING WITH COMMON GRABS CHOKES AND CLINCHES	15.00 - 15.45
KRAY MAGA GROUND FIGHTING TECHNIQUES	16.00 - 16.45
KRAY MAGA MULTIPLE ATTACKER SCENARIOS	17.00 - 17.45

BIG TOP MANIA

CIRCUS SKILLS	10.00 - 18.00
BALLOON HATS AND DOGS	11.00 - 12.00
TRAPEZE WORKSHOP	12.00 - 13.00 16.00 - 17.00
BIG TOP MANIA CIRCUS SHOW	16.00 - 16.45
BIG BALLOON DISCO	17.00 - 18.00

COMBAT ZONE

ARCHERY	08.30 - 17.30
AXE THROWING	08.30 - 17.30
SPEAR THROWING	08.30 - 17.30
COMBAT ARCHERY	08.30 - 17.30
COMMANDO CLOSE QUARTER BATTLE LANE *	09.00 - 18.00
COMMANDO SNIPER SHOOT *	09.00 - 18.00
COMMANDO SHOOTING RANGE *	09.00 - 18.00
NERF	08.30 - 17.30

SKATE RAMPS

PUBLIC SESSIONS	08.30 - 11.00 16.00 - 17.00
SKATEPARK WORKSHOPS	11.00 - 13.00 14.00 - 15.00 16.00 - 17.00
KING RAMPS PRO DEMO	13.00 - 14.00 15.00 - 16.00 17.00 - 18.00

LAKESIDE

OPEN WATER SWIMMING	09.00 - 19.00
OPEN WATER SWIMMING COACHING *	SESSIONS 08.15 - 16.00
ROOKIE LIFESAVING *	10.00 - 11.00 14.00 - 15.00
KAYAK	09.00 - 18.30
SUP BOARD	09.00 - 18.30
SUP EXPERIENCE *	07.00 - 09.00 18.00 - 20.00
SUP DAWN LESSONS *	07.00 - 09.00
SUP LESSONS *	07.00 - 09.00 11.30 - 12.30 13.30 - 14.30 15.30 - 16.30
SUP TWILIGHT LESSONS *	18.00 - 18.30 19.00 - 19.30
MEGA SUP *	09.00 - 17.00
MEGA SUP TWILIGHT *	18.00 - 18.30 19.00 - 19.30
RAFT BUILDING	09.00 - 18.00
EAST ANGLIAN AIR AMBULANCE CPR TRAINING	09.00 - 18.00

BEAR CHILLS WELLNESS AREA

WILD SAUNA *	09.00 - 17.00
HYPNOTIC MASSAGE *	09.30 - 10.00
ANXIETY RELIEF *	10.30 - 11.00
HYPNOTIC FACELIFT *	11.30 - 12.00
INSTANT ENERGY BOOST *	12.30 - 13.00
DEEP RELAXATION *	14.00 - 14.30
STRESS RELIEF *	15.00 - 15.30
POWER NAP *	16.00 - 16.30
MOVEMENT TENT	09.00 - 17.00
IMMERSION TENT *	09.00 - 17.00
ZEN BUS *	09.00 - 17.00
A SPACE TO BE TENT *	09.00 - 17.00
THE CALM ZONE	09.00 - 17.00

DINOMANIA

DINO DIG PIT	10.00 - 17.00
MEET THE BABY DINOSAURS	10.00 - 10.30
DINOMANIA SHOW	11.00 - 11.45
DESIGN YOUR OWN DINOSAUR	12.00 - 13.00
CREATE YOUR OWN FOSSIL	14.00 - 15.00
INTERACTIVE DINOSAUR MUSEUM	16.00 - 17.00

THE CLUBHOUSE

ON FIRE & RESCUE SILENT DISCO	20.00 - 23.45
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BEAR GRYLLS SURVIVAL ACADEMY

SURVIVAL ISLAND *	09.00 - 18.00
DITCH THE KIDS *	20.30 - 22.20
CAMO & CONCEALMENT	09.00 - 18.00
SHELTER BUILDING	09.00 - 18.00
KNOW YOUR KNOTS	09.00 - 18.00
FIRELIGHTING	09.00 - 18.00
GROSS EAT STATION	09.00 - 18.00
NAVIGATION	09.00 - 18.00
COMMANDO CRAWL	09.00 - 18.00
OBSERVATION LANE	09.00 - 18.00
PARACORD BRACLETS	09.00 - 18.00
BERGEN PICK UP CHALLENGE	09.00 - 18.00
SURVIVAL ARCHERY	09.00 - 18.00
SPEAR MAKING	09.00 - 18.00
SKINNING & GUTTING	09.00 - 18.00
EDIBLES OR DEADIBLES	09.00 - 18.00

UNDER THE CANOPY

SKILLS ASSAULT COURSE	09.00 - 18.00
THE STALK	09.00 - 18.00
COMMANDO PAINTBALL AMBUSH *	09.00 - 18.00
HAMMER & NAIL PLAYGROUND	09.00 - 18.00
LASER TAG	09.00 - 18.00
THE NIGHT FIGHT *	19.00 - 22.30

CLIMBING ZONE

CLIMBING WALL	08.30 - 18.00
MOBILE CAVING	08.30 - 18.00
ABSEIL	08.30 - 18.00
ABSEIL (EXTRA) *	08.30 - 18.00
TREE CLIMBING *	09.00 - 18.00

HISTORY ZONE

GET MEDIEVAL	08.45 - 18.30
STONE AGE KIDS ARCHERY	08.30 - 17.30
CATAPULT RANGE	08.30 - 17.30
STONE ARROW TIP MAKING	08.30 - 17.30
CLAY LAMPS	08.30 - 17.30
STONE AGE SELFIE BOOTH	08.30 - 17.30
STONE AGE AXE MAKING *	09.00 - 17.30
STONE AGE NECKLACES & TALISMANS *	09.00 - 17.30
STONE AGE ARROW MAKING *	09.00 - 17.30
STONE AGE MINI BOW & ARROW MAKING *	09.00 - 17.30
THE FORGE BLACK-SMITH WORKSHOPS *	09.00 - 17.30

*ADDITIONAL COST
All timings are subject to change.

FESTIVAL TIMETABLE

DAY FOUR - SUNDAY

MAIN STAGE

COLOUR RUN *	11.30 - 13.00
JOE WICKS	13.30 - 14.30
MADDIE MOATE	14.45 - 15.30
ABSNT MIND	16.00 - 17.00
THE MAGIC NUMBERS	17.30 - 18.30
LIGHTNING SEEDS	19.00 - 20.00
BLUE	20.45 - 22.00

ADVENTURE COVE

BECKY BOPS MUSIC & MOVEMENT SESSION	09.00 - 09.45
BECKY BOPS BOOK & BUBBLE SESSION	10.00 - 10.30
LES ENFANTS TERRIBLES	11.00 - 12.00
LUKE TARRANT	13.15 - 14.15
BEE LEASK	14.30 - 15.30
ALEX JONES	15.45 - 16.45

SCIENCE TENT

KIDS INVENT STUFF - DROP IN ACTIVITIES	09.00 - 12.00
KIDS INVENT STUFF - FIZZY ROCKETS WORKSHOP	12.00 - 13.00
TASKMASTER	13.30 - 14.30
SILLY SCIENCE SHOW	15.00 - 15.45
SILLY SCIENCE WORKSHOP	15.45 - 16.45

ADRENALINE ZONE

MOUNTAIN BOARDING *	09.00 - 17.00
FREEDROP *	08.50 - 18.20
DIRT SCOOTERS *	09.00 - 17.00
GRASS SLEDGING *	09.00 - 17.00
HOPE ACADEMY MOUNTAIN BIKES	08.45 - 17.30
FULL QUAD ADVENTURE *	09.00 - 18.00
TEEN QUAD ADVENTURE *	09.00 - 18.00
MINI QUAD SAFARI *	09.00 - 18.00

FUN ZONE

COLOUR TOWN	08.30 - 17.30
FOOTBALL POOL *	09.00 - 17.00
CRAZY BIKES	10.00 - 18.00
MEGA BALLS	10.00 - 18.00
PING PONG	10.00 - 18.00
FACE 'N' GLITZ *	11.00 - 19.00
FIREWALK *	19.30 - 20.30
MINI GOLF *	09.00 - 17.00 19.00 - 22.00

FITNESS

DAILY RUN	08.30 - 09.30
NORWICH CITY COMMUNITY SPORTS FOUNDATION	09.00 - 18.00
KRAY MAGA DEMOS / INTERACTION	09.00 - 09.30
KRAY MAGA MORNING KICKSTART CRAZY 7 KICKBOXING FITNESS	09.30 - 10.15
ASSAULT COURSE	10.00 - 17.00
MORNING FITNESS CLASS	10.00 - 11.00
KRAY MAGA HANDGUN AND LONG WEAPON DISARMS	11.00 - 11.45
KRAY MAGA DEALING WITH KNIFE THREATS AND ATTACKS	12.00 - 12.45
KRAY MAGA LIVE DEMONSTRATION WITH 7PKM TEAM	13.30 - 14.00
KRAY MAGA DEALING WITH COMMON GRABS CHOKES AND CLINCHES	15.00 - 15.45
KRAY MAGA GROUND FIGHTING TECHNIQUES	16.00 - 16.45
KRAY MAGA MULTIPLE ATTACKER SCENARIOS	17.00 - 17.45

BIG TOP MANIA

CIRCUS SKILLS	10.00 - 18.00
BALLOON HATS AND DOGS	11.00 - 12.00
TRAPEZE WORKSHOP	12.00 - 13.00 15.00 - 16.00
PETEZA BUBBLESHOW	14.00 - 14.30
CHILDREN'S TALENT SHOW	16.00 - 17.00

COMBAT ZONE

ARCHERY	08.30 - 17.30
AXE THROWING	08.30 - 17.30
SPEAR THROWING	08.30 - 17.30
COMBAT ARCHERY	08.30 - 17.30
COMMANDO CLOSE QUARTER BATTLE LANE *	09.00 - 18.00
COMMANDO SNIPER SHOOT *	09.00 - 18.00
COMMANDO SHOOTING RANGE *	09.00 - 18.00
NERF	08.30 - 17.30

SKATE RAMPS

PUBLIC SESSIONS	08.30 - 11.00 16.00 - 17.00
SKATEPARK WORKSHOPS	11.00 - 13.00 14.00 - 15.00 16.00 - 17.00
KING RAMPS PRO DEMO	13.00 - 14.00 15.00 - 16.00 17.00 - 18.00

LAKESIDE

OPEN WATER SWIMMING	09.00 - 19.00
OPEN WATER SWIMMING COACHING *	SESSIONS 08.15 - 16.00
ROOKIE LIFESAVING *	10.00 - 11.00 14.00 - 15.00
KAYAK	09.00 - 18.30
SUP BOARD	09.00 - 18.30
SUP EXPERIENCE *	07.00 - 09.00 18.00 - 20.00
SUP DAWN LESSONS *	07.00 - 09.00
SUP LESSONS *	07.00 - 09.00 11.30 - 12.30 13.30 - 14.30 15.30 - 16.30
SUP TWILIGHT LESSONS *	18.00 - 18.30 19.00 - 19.30
MEGA SUP *	09.00 - 17.00
MEGA SUP TWILIGHT *	18.00 - 18.30 19.00 - 19.30
RAFT BUILDING	09.00 - 18.00
EAST ANGLIAN AIR AMBULANCE CPR TRAINING	09.00 - 18.00

BEAR CHILLS WELLNESS AREA

WILD SAUNA *	09.00 - 17.00
HYNOPTIC FACELIFT *	09.30 - 10.00
DEEP RELAXATION *	10.30 - 11.00
STRESS RELIEF *	11.30 - 12.00
ANXIETY RELIEF *	12.30 - 13.00
POWER NAP *	14.00 - 14.30
INSTANT ENERGY BOOST *	15.00 - 15.30
MOVEMENT TENT *	09.00 - 17.00
IMMERSION TENT *	09.00 - 17.00
ZEN BUS *	09.00 - 17.00
A SPACE TO BE TENT *	09.00 - 17.00
THE CALM ZONE	09.00 - 17.00

DINOMANIA

MEET SHARON THE CERATASAURUS	10.00 - 10.30
MEET THE BABY DINOSAURS	11.00 - 11.30
DINOMANIA SHOW	12.30 - 13.30
MEET RONNIE THE T-REX	14.30 - 15.30
INTERACTIVE DINOSAUR QUIZ	16.00 - 17.00

THE CLUBHOUSE

ON FIRE & RESCUE SILENT DISCO	20.00 - 23.45
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BEAR GRYLLS SURVIVAL ACADEMY

SURVIVAL ISLAND *	09.00 - 18.00
DITCH THE KIDS *	20.30 - 22.20
CAMO & CONCEALMENT	09.00 - 18.00
SHELTER BUILDING	09.00 - 18.00
KNOW YOUR KNOTS	09.00 - 18.00
FIRELIGHTING	09.00 - 18.00
GROSS EAT STATION	09.00 - 18.00
NAVIGATION	09.00 - 18.00
COMMANDO CRAWL	09.00 - 18.00
OBSERVATION LANE	09.00 - 18.00
PARACORD BRACLETS	09.00 - 18.00
BERGEN PICK UP CHALLENGE	09.00 - 18.00
SURVIVAL ARCHERY	09.00 - 18.00
SPEAR MAKING	09.00 - 18.00
SKINNING & GUTTING	09.00 - 18.00
EDIBLES OR DEADIBLES	09.00 - 18.00

UNDER THE CANOPY

SKILLS ASSAULT COURSE	09.00 - 18.00
THE STALK	09.00 - 18.00
COMMANDO PAINTBALL AMBUSH *	09.00 - 18.00
HAMMER & NAIL PLAYGROUND	09.00 - 18.00
LASER TAG	09.00 - 18.00
THE NIGHT FIGHT *	19.00 - 22.30

CLIMBING ZONE

CLIMBING WALL	08.30 - 18.00
MOBILE CAVING	08.30 - 18.00
ABSEIL	08.30 - 18.00
ABSEIL (EXTRA) *	08.30 - 18.00
TREE CLIMBING *	09.00 - 18.00

HISTORY ZONE

GET MEDIEVAL	08.45 - 18.30
STONE AGE KIDS ARCHERY	08.30 - 17.30
CATAPULT RANGE	08.30 - 17.30
STONE ARROW TIP MAKING	08.30 - 17.30
CLAY LAMPS	08.30 - 17.30
STONE AGE SELFIE BOOTH	08.30 - 17.30
STONE AGE AXE MAKING *	09.00 - 17.30
STONE AGE NECKLACES & TALISMANS *	09.00 - 17.30
STONE AGE ARROW MAKING *	09.00 - 17.30
STONE AGE MINI BOW & ARROW MAKING *	09.00 - 17.30
THE FORGE BLACK-SMITH WORKSHOPS *	09.00 - 17.30

*ADDITIONAL COST
All timings are subject to change.