**Optus Main Stage**

8:45AM  ROCKHAMPTON REGIONAL COUNCIL  
Opening

9:00AM  ROCKHAMPTON HOCKEY ASSOCIATION  
Hockey skills

9:15AM  MC  
Program overview

9:30AM  PHYSI POLE STUDIOS AND LORNA JANE  
Boogie bounce | fashion display

10:00AM  RT CLOGGERS, TWIRLERS AND SQUARE DANCERS  
Performance

10:15AM  ROCKHAMPTON REGIONAL COUNCIL AND CQ HEALTH  
Official Opening

10:30AM  KEPPEL MARTIAL ARTS  
Demonstration

11:00AM  MASCOT OBSTACLE CHALLENGE  
Head to the outdoor pavilion to the Capras obstacle course

11:30AM  F45  
Functional training

11:45AM  VECTOR HEALTH & PERFORMANCE  
Active parent's active kids demo

12:00PM  HEART CENTRED EQUINE ASSISTED COUNSELLING  
The art of counselling with horses display

12:15PM  BAC FU DO KUNG FU  
Self defence demonstration

12:30PM  COMPETITION WINNERS DRAWN

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**Cremorne**

7:30 - 8:30AM  BODY N SOUL YOGA  
Yoga Class  
$5 per person  
(includes breakfast smoothie voucher) | Pre-book

9:30 - 10:30AM  VECTOR HEALTH AND PERFORMANCE  
Outdoor challenge

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**Rockhampton State High School**

9:30 - 10:30AM  CENTRAL QUEENSLAND CAPRAS  
Rugby League Clinic | $5 pp  
(includes light morning tea) | BOOKED OUT

10:00 - 11:30AM  CAPRICORN CLAWS  
Squad demonstration game | Netball clinic  
$5 pp (includes light morning tea) | BOOKED OUT

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**The Green**

8:30AM - 1PM  CRICKET QUEENSLAND  
Cricket skills