

| | Oct 12 | Oct 13 | Oct 14 | Oct 15 | Oct 16 | Oct 17 | Oct 18 | Oct 19 |
|-------|--------------------------|--|----------------------------------|--------------------------------|----------------------------------|----------------------------------|----------------------|--------|
| 06:00 | | Breathing (Pool) | Dryland (Pool) | | Dryland (Pool) | Dryland (Pool) | Dryland (Pool) | |
| 06:30 | | Swim (Pool) | Swim (Pool) | | Swim (Pool) | Swim (Pool) | Swim (Pool) | |
| 07:00 | | | | | | | | |
| 07:30 | | | | Leave for Nai Yang | | | | |
| 08:00 | | | 8:15 Gentle FLOW Yoga (optional) | Open Water Swim | 8:15 Gentle FLOW Yoga (optional) | 8:15 Gentle FLOW Yoga (optional) | | |
| 08:30 | | | | | | | | |
| 09:00 | | | | | | | | |
| 09:30 | | Goal and visualisation session (foyer) | | | Core Aqua (Optional) | Spinning (optional) | Camp Wrap Up (Foyer) | |
| 10:00 | | | Softball Pilates (Optional) | | | | | |
| 10:30 | | | | | | | | |
| 11:00 | | May Thai Fit class (optional) | | Return to Thanyapura | Deep stretch or Yoga (Optional) | May Thai Fit class (optional) | Yoga (optional) | |
| 11:30 | | | | | | | | |
| 12:00 | | | | | | | | |
| 12:30 | | | | | | | | |
| 13:00 | | | | | | | | |
| 13:30 | | | | | | | | |
| 14:00 | Group welcome (foyer) | | | | | | | |
| 14:30 | | Arrive at pool | Arrive at pool | | Arrive at pool | Arrive at pool | Swim (Pool) | |
| 15:00 | | Swim (Pool) | Swim (Pool) | | Swim (Pool) | Swim (Pool) | | |
| 15:30 | Swim and filming (Pool) | | | | | | | |
| 16:00 | | | | | | | | |
| 16:30 | | | | | | | | |
| 17:00 | | | | Ballistic Movements (optional) | | | Leave for Nai Yang | |
| 17:30 | Technique Talk (Foyer) | Spin class with Mitch (optional) | | | Spin class with Mitch (optional) | | Dinner | |
| 18:00 | Analysis Group 1 (Foyer) | | | | | | | |
| 18:30 | | | | | | | | |
| 19:00 | | | | | | | | |
| 19:30 | | | | | | | | |
| 20:00 | Analysis Group 2 (Foyer) | | | | | | | |
| 20:30 | | | | | | | | |
| 21:00 | | | | | | | Return to Thanyapura | |

Group 1

- 1 Sean Mcguire
- 2 Sandra Taylor
- 3 Dave Norris
- 4 Tabitha Jones
- 5 Mark Reardon
- 6 Julia Tita
- 7 Christie Peters

Group 2

- 1 Nicole Woodrow
- 2 Richard Rowe
- 3 Greg Gourley
- 4 Satyam Sahai
- 5 Ian Renwick
- 6 Michael Skillington
- 7 Simone Skillington

Group 3

- 1 Andre Obradovic
- 2 Mark Fisher
- 3 Heinrich Fuezy
- 4 Stephen Dover
- 5 Elizabeth York
- 6 Dudley Hoskin
- 7 Sophie Hoskin