24-Hour Timetable of Activities!	
Wednesday 5 August	
9.30am	Welcome to the teams and riders!
9.45am	First group of riders ready to start...
9.50am	Official Welcome
10.00am	Official Event Start
11.00am	Interactive brain games with our BBF Exercise Physiologist Aleesha
4.00pm - 7.00pm	5AA Sports Show Live Broadcast & 7 News Weather Crosses
4.10pm - 5.00pm	Pedal Your Way to Better Fitness with Goodlife Gym!
6.00pm - 6.30pm	Pedal Your Way to Better Fitness with Goodlife Gym!
6.30pm - 7.30pm	Next Gen Memorial Drive members spin class
9.00pm - 12.00am	Retro Ride – 70s, 80s & 90s theme!

24-Hour Timetable of Activities!	
Thursday 6 August	
12.00am - 3.00am	Midnight Mashup – you choose the tunes!
3.00am - 6.00am	PJ Party – pedal in your PJs!
6.00am - 7.00am	Next Gen Memorial Drive Members Spin Class
6.00am - 8.30am	SEN Breakfast Live Broadcast
9.00am - 10.00am	Power Hour!
10.00am	Official Event Close – awards, thanks, and finishers photo