

# FESTIVAL OF INDOOR ROWING

**SATURDAY, 10 DECEMBER 2022**

## LIVE WORKOUTS

**ZOOM  
ERGOS**  
Where people erg together

*With Zoom Ergos*

**08:15 - 9:20 AM - THE FAMOUS 4X8'**

**10:00 - 10:45 AM - RACE WITH JESS EDDIE**

**ALL DAY - ZOOM ERGOS LADDER**

**fluenta**

*With Fluenta*

**13:00 - 13:45 PM - WORKOUT WITH ALEX GREGORY**

**EXR**

*With EXR App*

**16:00 - 16:45 PM - ROW LAKE EXR - LAKE LOOP**

## CONCEPT2 ERGRACE

*Live Racing*

**10:45 - 12:15 PM - 2000M RACES**

**12:40 PM - JUNIOR 4 MIN RACE**

**14:00 - 15:00 PM - 500M RACES**

## THE LEAGUE

*Race for medals in our online LEAGUE!*

**19:00 PM - LEAGUE CLOSES**

