

8:30am – 9:30am

19 January - 12 March 2004

Monday to Friday

DAY	MONDAY	TUESDAY <i>9am Session</i>	WEDNESDAY	THURSDAY	FRIDAY <i>9am Session</i>	
Week 1	19 January ¹ Super Circuit Bronte	20 January ² Box/Core/Run Lyne Park	21 January ³ Total Body Circuit Lyne Park	22 January ⁴ Cross Training Run Cooper Park	23 January ⁵ Med Ball/Soft Sand Bondi	
Week 2	26 January ⁶ 7:00am Only Swim/Run or Box/Core/Stretch Bronte	27 January ⁷ Box/Core/Run Lyne Park	28 January ⁸ Total Body Circuit Lyne Park	29 January ⁹ Cross Training Run Cooper Park	30 January ¹⁰ Agility/Core/Stretch Bondi	
Week 3	2 February ¹¹ Cross Country Box Bronte	3 February ¹² Box/Core/Run Lyne Park	4 February ¹³ Total Body Circuit Lyne Park	5 February ¹⁴ Cross Training Run Cooper Park	6 February ¹⁵ Med Ball/Soft Sand Bondi	
Week 4	9 February ¹⁶ Super Circuit Bronte	10 February ¹⁷ Box/Core/Run Lyne Park	11 February ¹⁸ Total Body Circuit Lyne Park	12 February ¹⁹ Cross Training Run Cooper Park	13 February ²⁰ Box/Core/Stretch Bondi	
Week 5	16 February ²¹ Cross Country Box Bronte	17 February ²² Box/Core/Run Lyne Park	18 February ²³ Total Body Circuit Lyne Park	19 February ²⁴ Cross Training Run Cooper Park	20 February ²⁵ Med Ball/Soft Sand Bondi	
Week 6	23 February ²⁶ Cross Training Run Bronte	24 February ²⁷ Box/Core/Run Lyne Park	25 February ²⁸ Total Body Circuit Lyne Park	26 February ²⁹ Cross Training Run Cooper Park	27 February ³⁰ Box/Core/Stretch Bondi	
Week 7	1 March ³¹ Cross Country Box Bronte	2 March ³² Box/Core/Run Lyne Park	3 March ³³ Total Body Circuit Lyne Park	4 March ³⁴ Cross Training Run Cooper Park	5 March ³⁵ Med Ball/Soft Sand Bondi	
Week 8	8 March ³⁶ Box/Run Bronte	9 March ³⁷ Box/Core/Run Lyne Park	10 March ³⁸ Total Body Circuit Lyne Park	11 March ³⁹ Cross Training Run Cooper Park	12 March ⁴⁰ Body/Box Bondi	

Red Cardio-vascular based sessions of either moderate or high intensity
 Blue Focus on total body strength, weight bearing and stabilisation-based exercises
 Green Focus on mind-body connection; lower, upper and core body strength

Introductory Sessions: Contact the ETW office on 9371 3488 or email info@etwgroup.com to arrange a complimentary one week trial valued at \$60.00 for your friends, family members or associates.

Session Changes Due to Weather: In the event of unfavourable weather conditions we will utilize our indoor alternative. In the case of it being used there will be a message on the following mobile number advising of the change – 0415 031 303. See your location finder on the reverse of this page for the address of your indoor alternative.