

Monday to Saturday

17 January – 12 March 2005

	MONDAY 6.00am	TUESDAY 6.00am	WEDNESDAY 6.00am	THURSDAY 5:50 am	FRIDAY 6.00am	SATURDAY 7:00am
Week 1	17 January <sup>1</sup> softsand/pump/cardio Bronte	18 January <sup>2</sup> six station circuit or running group Queens Park	19 January <sup>3</sup> Cardio/Box Lyne Park	20 January <sup>4</sup> Kayak/ run Vaucluse Park	21 January <sup>5</sup> Agility/Box Yogalates Running group Bondi	22 January <sup>6</sup> Running Group Box/Core/Stretch Centennial Park
Week 2	January <sup>7</sup> softsand/pump/cardio Bronte	25 January <sup>8</sup> six station circuit or running group Queens Park	26 January <sup>9</sup> public holiday 7:00 am session Bronte	27 January <sup>10</sup> Cycling class Centennial Park	28 January <sup>11</sup> Agility/Box Yogalates Running group Bondi	29 January <sup>12</sup> Running Group Body/Box Centennial Park
Week 3	31 January <sup>13</sup> Assessment Week Body Challenge ORsoftsand/pump/cardio Bronte	1 February <sup>14</sup> Assessment Week Body Challenge six station circuit Queens Park	2 February <sup>15</sup> Assessment Week Body Challenge OR Lyne Park	3 February <sup>16</sup> Kayak/ run Vaucluse Park	4 February <sup>17</sup> Agility/Box Yogalates Bondi	5 February <sup>18</sup> Running Group Box/Core/Stretch Centennial Park
Week 4	7 February <sup>19</sup> softsand/pump/cardio Bronte	8 February <sup>20</sup> six station circuit or running group Queens Park	9 February <sup>21</sup> Cardio/Box Lyne Park	10 February <sup>22</sup> Cycling class Centennial Park	11 February <sup>23</sup> Agility/Box Yogalates Running group Bondi	12 February <sup>24</sup> Running Group Box/Core/Stretch Centennial Park
Week 5	14 February <sup>25</sup> softsand/pump/cardio Bronte	15 February <sup>26</sup> six station circuit or running group Queens Park	16 February <sup>27</sup> Cardio/Box Lyne Park	17 February <sup>28</sup> Kayak/ run Vaucluse Park	18 February <sup>29</sup> Agility/Box Yogalates Running group Bondi	19 February <sup>30</sup> Running Group Box/Core/Stretch Centennial Park
Week 6	21 February <sup>31</sup> softsand/pump/cardio Bronte	22 February <sup>32</sup> six station circuit or running group Queens Park	23 February <sup>33</sup> Cardio/Box Lyne Park	24 February <sup>34</sup> All Terrain Box Rushcutters Bay	25 February <sup>35</sup> Agility/Box Yogalates Running group Bondi	26 February <sup>36</sup> Running Group Box/Core/Stretch Centennial Park
Week 7	28 February <sup>37</sup> softsand/pump/cardio Bronte	1 March <sup>38</sup> six station circuit or running group Queens Park	2 March <sup>39</sup> Cardio/Box Lyne Park	3 March <sup>40</sup> Kayak/ run Vaucluse Park	4 March <sup>41</sup> Agility/Box Yogalates Running group Bondi	5 March <sup>42</sup> Running Group Box/Core/Stretch Centennial Park
Week 8	7 March <sup>43</sup> softsand/pump/cardio Bronte	8 March <sup>44</sup> six station circuit or running group Queens Park	9 March <sup>45</sup> Cardio/Box Lyne Park	10 March <sup>46</sup> Games Day Rushcutters Bay	11 March <sup>47</sup> Agility/Box Yogalates Running group Bondi	12 March <sup>48</sup> Running Group ETW Run Body/Box Centennial Park

Red Cardio-vascular based fitness 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

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.