

Monday to Saturday

Blue

17 January – 12 March 2005

	MONDAY 7.00pm		WEDNESDAY 9.00am		FRIDAY 9.00am	SATURDAY 7:00am	
Week 1	17 January <sup>1</sup> softsand/pump/cardio Bondi	2	19 January <sup>3</sup> Cardio/Box Bondi	4	21 January <sup>5</sup> Ben Buckler circuit Bondi	22 January <sup>6</sup> Running Group Box/Core/Stretch Centennial Park	
Week 2	January <sup>7</sup> softsand/pump/cardio Bondi	8	26 January <sup>9</sup> public holiday 7:00 am session only Bronte	10	28 January <sup>11</sup> Ben Buckler circuit Bondi	29 January <sup>12</sup> Running Group Body/Box Centennial Park	
Week 3	31 January <sup>13</sup> softsand/pump/cardio Bondi	14	2 February <sup>15</sup> Cardio/Box Bondi	16	4 February <sup>17</sup> Ben Buckler circuit Bondi	5 February <sup>18</sup> Running Group Box/Core/Stretch Centennial Park	
Week 4	7 February <sup>19</sup> softsand/pump/cardio Bondi	20	9 February <sup>21</sup> Cardio/Box Bondi	22	11 February <sup>23</sup> Ben Buckler circuit Bondi	12 February <sup>24</sup> Running Group Box/Core/Stretch Centennial Park	
Week 5	14 February <sup>25</sup> softsand/pump/cardio Bronte	26	16 February <sup>27</sup> Cardio/Box Bondi	28	18 February <sup>29</sup> Ben Buckler circuit Bondi	19 February <sup>30</sup> Running Group Box/Core/Stretch Centennial Park	
Week 6	21 February <sup>31</sup> softsand/pump/cardio Bondi	32	23 February <sup>33</sup> Cardio/Box Bondi	34	25 February <sup>35</sup> Ben Buckler circuit Bondi	26 February <sup>36</sup> Running Group Box/Core/Stretch Centennial Park	
Week 7	28 February <sup>37</sup> softsand/pump/cardio Bondi	38	2 March <sup>39</sup> Cardio/Box Bondi	40	4 March <sup>41</sup> Ben Buckler circuit Bondi	5 March <sup>42</sup> Running Group Box/Core/Stretch Centennial Park	
Week 8	7 March <sup>43</sup> softsand/pump/cardio Bondi	44	9 March <sup>45</sup> Cardio/Box Bondi	46	11 March <sup>47</sup> Ben Buckler circuit 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.