

Monday to Saturday

Gold

17 January – 12 March 2005

	MONDAY 7.00pm		WEDNESDAY 7.00pm		FRIDAY 6.00am	SATURDAY 7:00am	
Week 1	17 January ¹ softsand/pump/cardio Bondi	2	19 January ³ Cardio/Box Bondi	4	21 January ⁵ Agility/Box Yogalates Running group Bondi	22 January ⁶ Running Group Box/Core/Stretch Centennial Park	
Week 2	January ⁷ softsand/pump/cardio Bondi	8	26 January ⁹ public holiday 7:00 am session only Bronte	10	28 January ¹¹ Agility/Box Yogalates Running group Bondi	29 January ¹² Running Group Body/Box Centennial Park	
Week 3	31 January ¹³ softsand/pump/cardio Bondi	14	2 February ¹⁵ Cardio/Box Bondi	16	4 February ¹⁷ Agility/Box Yogalates Bondi	5 February ¹⁸ Running Group Box/Core/Stretch Centennial Park	
Week 4	7 February ¹⁹ softsand/pump/cardio Bondi	20	9 February ²¹ Cardio/Box Bondi	22	11 February ²³ Agility/Box Yogalates Running group Bondi	12 February ²⁴ Running Group Box/Core/Stretch Centennial Park	
Week 5	14 February ²⁵ softsand/pump/cardio Bronte	26	16 February ²⁷ Cardio/Box Bondi	28	18 February ²⁹ Agility/Box Yogalates Running group Bondi	19 February ³⁰ Running Group Box/Core/Stretch Centennial Park	
Week 6	21 February ³¹ softsand/pump/cardio Bondi	32	23 February ³³ Cardio/Box Bondi	34	25 February ³⁵ Agility/Box Yogalates Running group Bondi	26 February ³⁶ Running Group Box/Core/Stretch Centennial Park	
Week 7	28 February ³⁷ softsand/pump/cardio Bondi	38	2 March ³⁹ Cardio/Box Bondi	40	4 March ⁴¹ Agility/Box Yogalates Running group Bondi	5 March ⁴² Running Group Box/Core/Stretch Centennial Park	
Week 8	7 March ⁴³ softsand/pump/cardio Bondi	44	9 March ⁴⁵ Cardio/Box Bondi	46	11 March ⁴⁷ Agility/Box Yogalates Running group Bondi	12 March ⁴⁸ 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.