

# MY YEAR AT EVOLUTION CALENDAR 2009

Summer 09	Jan		<b>Mon 12th Jan</b> Evolution starts for 2009			Make sure you diarise the Evo mega-session. It is held on week 4 (final week) of each timetable. Dates for first 6 months of 2009 are 7 Feb, 7 Mar, 4 April, 2 May, 30 May (InterKLIK challenge) and 27 June
	Feb	<b>Mon 2nd Feb</b> Summer Cleanse commences	<b>Mon 9th Feb</b> Sweet 16 Attendance Challenge		<b>Sat 21st Feb</b> Social afternoon	<b>Sweet 16 Challenge:</b> Attend a total of 16 sessions during a 4 week period and be rewarded for your efforts by empowering others to create new life for themselves through OXFAM
	March		<b>Sat/Sun 14th-15th Mar</b> Weekend Retreat tbc (WAITING FOR LOCATION CONFIRMATION WILL KNOW)	<b>Wed 18th March</b> 10 week Wellbeing Transformation commences		<b>10 week Wellbeing Transformation:</b> You will be supported by a leading fitness trainer, nutritionist and life coach to achieve your lifestyle goals. Structure will include lecture/workshop one evening per week
Autumn 09	April	<b>Thur 2nd April</b> Social Night		<b>Sun 19th April</b> Hermitage Walk Clean-Up		<b>Hermitage Walk Clean-Up:</b> Help your local community by cleaning up rubbish along the 1.4 km foreshore scenic walk
	May	<b>Mon 4th May</b> Sweet 16 Attendance Challenge	<b>Sat/Sun 16th-17th May</b> Weekend Retreat	<b>Mon 18th May</b> Winter Cleanse commences	<b>Sat 30th May</b> InterKLIK challenge	<b>InterKLIK challenge:</b> Come along and challenge your fellow KLIK's in an afternoon of games and fun
	June		<b>Fri 12th June</b> Evo Awards Night (fancy dress)			<b>Evo Awards Night:</b> Dress up and come ready to accept an award if your Evo performance has been worthy!
Winter 09	July					
	August		<b>Sat 1st August</b> The Amazing Treasure Race			<b>Amazing Treasure Race:</b> Put your sneakers and thinking caps on and navigate your way around Bondi, only one team can take out the prize!!
	Sept		<b>Mon 7th Sept</b> Spring Cleanse commences <b>Sat/Sun 12th-13th Sept</b> Weekend Retreat	<b>Sun 20th Sept</b> Bridge Run & BBQ		<b>Bridge Run and BBQ:</b> Run over the bridge while raising money for your favourite charity, followed by a relaxing BBQ at our favourite Dover Heights location
Spring 09	Oct		<b>Thur 8th Oct</b> Bowling night	<b>Mon 19th Oct</b> Sweet 16 Attendance Challenge		<b>Bowling Night:</b> Warm up those arms and prepare for a fun night of ten-pin bowling, may the best team win!
	Nov			<b>Sat 21st Nov</b> Xmas party		<b>Xmas Party:</b> Celebrate 2009 and a great year of training at the Evolution Xmas Party!
	Dec		<b>Mon 11th Dec</b> Last week of Evolution 2009			

Red: Events to keep you focused and motivated

Blue: social events to support the evolution community

Green: getaways to nurture and replenish