

	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	15 November 10	16 November 10	17 November 10	18 November 10	19 November 10	20 November 10
	Barbell Weights	Core, Cones and Hills	Power Punch	Yoqa	Barbell Weights	20 November 10
	&	Core, cories and milis	Power Punch	roya	&	
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Week	Body Blast	Norman Buchan Park	Bowman Park	Norman Buchan Park	Run for Endurance	
>	Gregory Park Barbell Weights: build and tone your muscles with	dynamic strengthening drills and core blast alternated	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Gregory Park  Barbell Weights: build and tone your muscles with	
	being weights training. & Body Blast: total body workout focusing on strength, cardio and core.	with running and hills	runanine a neavy weight to build power and endurance.	in prove nexionity core and finite body connection	outdoor weights training. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	
	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	22 November 10	23 November 10	24 November 10	25 November 10	26 November 10	27 November 10
	Assessment session	Sprints	Power Punch	Yoga	Resistance Tubes	27 November 10
Week 2	Assessment session	& &	rower runch	roga	&	
		Body Blast			Run for Endurance	
	Gregory Park	Norman Buchan Park	Bowman Park	Norman Buchan Park	Gregory Park	
	periodic testing to measure your overall progress.	Sprints: Short and sweet for an awesome metabolic boost		improve flexibility core and mind body connection	Resistance Tubes: the ultimate strength and conditioning	
	,	& Body Blast: total body workout focusing on strength, cardio and core.		,	tool. & Run for Endurance : this session builds your running endurance with a continual run catering for all	
		cardio and core.			levels.	
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	20 November 10	20 November 10	04.0	02 D	00.0	04.0
	29 November 10	30 November 10	01 December 10	02 December 10	03 December 10	04 December 10
	Med Ball Mashup	30 November 10 Core, Cones and Hills	01 December 10 Power Punch	02 December 10 Yoga	Run for Endurance	04 December 10
3	Med Ball Mashup &				Run for Endurance &	04 December 10
eek 3	Med Ball Mashup & Sprints	Core, Cones and Hills	Power Punch	Yoga	Run for Endurance & Med Ball Mashup	04 December 10
Week 3	Med Ball Mashup & Sprints Gregory Park	Core, Cones and Hills  Norman Buchan Park	Power Punch  Bowman Park	Yoga Norman Buchan Park	Run for Endurance & Med Ball Mashup Gregory Park	04 December 10
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Week 3	Med Ball Mashup & Sprints Gregory Park Med Ball Mashup: strength work using medball for additional resistance. & Sprints: Short and sweet for an awesome metabolic boost.	Core, Cones and Hills  Norman Buchan Park  dynamic strengthening drills and core blast alternated with running and hills	Power Punch  Bowman Park  Punch like a heavy weight to build power and endurance.	Yoga  Norman Buchan Park  Improve flexibility core and mind body connection	Run for Endurance & Med Ball Mashup Gregory Park Run for Endurance: this session builds your running endurance with a continual run catering for all levels. & Med Ball Mashup: strength work using medball for additional resistance.	
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**Evolutionary Contact Details** 

Amy Bridle 0412 23 09 26 amyb@etwgroup.com Colour coded training sessions

Red Cardio-vascular based fitness sessions of moderate to 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

if you want something you've never done you will need to do something you've never done'