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| MAROUBRA Evolution Outdoors 2011 - Nov/Dec 6am sessions |  www.evolutionstarts6am.com | Tom Powell 0424 093 133 tom@etwgroup.com | RED SESSIONS Cardio vascular based training of moderate to high intensity | BLUE SESSIONS Total body strength, weight bearing & stabilisation exercises | GREEN SESSIONS Focus on mind-body connection; lower, upper and core body strength |
|---|--|--|---|---|---|

| WEEK 1 | | | | | |
|---|---|---|--|--|---|
| Monday @ 6am 12 December 2011 | Tuesday @ 6am 13 December 2011 | Wednesday @ 6am 14 December 2011 | Thursday @ 6am 15 December 2011 | Friday @ 6am 16 December 2011 | Saturday @ 7am 17 December 2011 |
| Double Grip Med Balls & Power Yoga | Yoga & Howey Circuit | Box with Power | Yoga & No Pain No Gain | Double Grip Med Balls & Sprints | No Session |
| Maroubra Beach | Bronte Park | Maroubra Beach | Coogee Beach | Maroubra Beach | Bronte Park |
| Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Power Yoga: A flowing strong yoga practise that challenges flexibility, strength, balance and core strength | Yoga: improve flexibility core and mind body connection & Howey Circuit: challenge your body as only Howard can ...a once a week must!! | Hi rep boxing drills to develop cardio endurance and power. | Yoga: improve flexibility core and mind body connection & No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. | Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Sprints: Short and sweet for an awesome metabolic boost. | With all the hard work you've put into your training so far, it's time to take a weekend off and relax. |

| WEEK 2 | | | | | |
|----------------------------------|-----------------------------------|-------------------------------------|------------------------------------|----------------------------------|------------------------------------|
| Monday @ 6am 19 December 2011 | Tuesday @ 6am 20 December 2011 | Wednesday @ 6am 21 December 2011 | Thursday @ 6am 22 December 2011 | Friday @ 6am 23 December 2011 | Saturday @ 7am 24 December 2011 |
| No Session | No Session | No Session | No Session | No Session | No Session |
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| WEEK 3 | | | | | |
|----------------------------------|-----------------------------------|-------------------------------------|------------------------------------|----------------------------------|------------------------------------|
| Monday @ 6am 26 December 2011 | Tuesday @ 6am 27 December 2011 | Wednesday @ 6am 28 December 2011 | Thursday @ 6am 29 December 2011 | Friday @ 6am 30 December 2011 | Saturday @ 7am 31 December 2011 |
| No Session | No Session | No Session | No Session | No Session | No Session |
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| WEEK 4 | | | | | |
|--------------------------------|---------------------------------|-----------------------------------|----------------------------------|--------------------------------|---|
| Monday @ 6am 2 January 2012 | Tuesday @ 6am 3 January 2012 | Wednesday @ 6am 4 January 2012 | Thursday @ 6am 5 January 2012 | Friday @ 6am 6 January 2012 | Saturday @ 7am 7 January 2012 |
| No Session | No Session | No Session | No Session | No Session | No Session |
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| | | | | | Dust off your trainers, and kit ready for Monday 9th Jan 2012 |

| KLIK ALLIANCE PARTNER | | COMMUNITY EVENT |
|--|--|--|
| Please show your support for our Alliance Partners | | |
|  | |  |
| Order your organic fruit and veg box on a Tuesday and collect Fri arvo onwards. Large = \$50, Small = \$30. Email organics@mollys.com.au | |  |
| | | Enjoy great coffee and a relaxed vibe post session or after a weekend walk along the beach. 202 Marine Pde, Maroubra Beach 2035 |

| LOCATION FINDER | | See you in 2012 |
|---|---|--|
| Internet search for more location descriptions | | Have a great Christmas and New Year, relax, take time out from work and training and have an awesome time. We are back on 9th Jan, 6am, Maroubra Beach |
| "Evolution where do we train" | | |
| Coogee Beach | Centennial Park | |
| Parking is available in the public car park at the end of Dolphin Street (North end of beach). Meeting place is in the park area immediately adjacent to the parking lot. | Best entrance is the Paddington Gates. Meeting point is just off the road next to the main restaurant (to the east of the restaurant). The closest cross street (in the Park) is Parkes Street. | |