

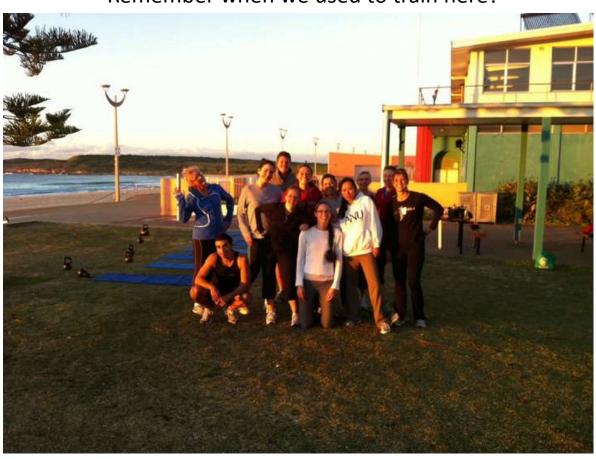
Evolution Maroubra

The Year that was - 2011



Once apon a time in Autumn 2011...

Remember when we used to train here?





Taking on The Tough Bloke Challenge

Defo keen for this again in 2012





Before



Cleansing – 10 Almonds anyone?

Pre cleanse binge at Jeff's



Day 5 – back on track!





Maroubra Fun Run and Oktoberfest





Saturday Socials on the Beach





Stretching Questions?









Where would we be without Wednesdays?











Some amazing sunrises...









Thanks for being part of an amazing year...



Have a great Xmas and NY with family and friends.
Here's to many more sessions together in 2012!
Thanks, Tom
P.S. NSW 2035 is where it's at!