


JANUARY		Rozelle evolutionstarts@6am.com Mike Britton 0438 13 15 17 mike@etwgroup.com	Ballast Point Situating in Birchgrove overlooking Mort Bay & Sydney Harbour the park is located at the end of Ballast Point Road.	Callan Park Situating within the grounds of Rozelle Hospital the best way to get there is down the end of Wharf Road turning left onto Waterfront Drive	Plan your sessions ahead	2012
					Attending this session? YES NO	
					Set your session attendance goal for the coming weeks	

WEEK 1	Monday @ 6am 6 February 2012 Cardio Boxing	Tuesday 7 February 2012	Wednesday @ 6am 8 February 2012 Power Ropes & Shield yourself	Thursday @ 6am 9 February 2012 Tone & Balance	Friday @ 6am 10 February 2012 Moving Circuit	Saturday @ 7am 11 February 2012 No Pain No Gain	WEEK 1
	Ballast Point		Callan Park	Callan Park	Ballast Point	Bronte Park	
	Attending this session? YES NO		Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 2	Monday @ 6am 13 February 2012 Cardio Boxing	Tuesday 14 February 2012 No Pain No Gain	Wednesday @ 6am 15 February 2012 Medicine Ball Mayhem & Sprints	Thursday @ 6am 16 February 2012 Tone & Balance	Friday @ 6am 17 February 2012 Medicine Ball Mayhem & Resistance Tubes	Saturday @ 7am 18 February 2012 No Pain No Gain	WEEK 2
	Callan Park	Ballast Point	Callan Park	Callan Park	Ballast Point	Centennial Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 3	Monday @ 6am 20 February 2012 Cardio Boxing	Tuesday 21 February 2012 No Pain No Gain	Wednesday @ 6am 22 February 2012 Challenge Yourself	Thursday @ 7am 23 February 2012 Tone & Balance	Friday @ 6am 24 February 2012 Power Up & Sprints	Saturday @ 7am 25 February 2012 No Pain No Gain	WEEK 3
	Callan Park	Ballast Point	Callan Park	Callan Park	Ballast Point	Lyne Park, Rose Bay	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

WEEK 4	Monday @ 6am 27 February 2012 Cardio Boxing	Tuesday 28 February 2012 No Pain No Gain	Wednesday @ 6am 29 February 2012 Double Grip Med Balls & Sprints	Thursday @ 6am 1 March 2012 Tone & Balance	Friday @ 6am 2 March 2012 Double Grip Med Balls & Agility Blast	Saturday @ 7am 3 March 2012 Inter Klik Challenge	WEEK 4
	Callan Park	Ballast Point	Callan Park	Callan Park	Ballast Point	Centennial Park	
	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	Attending this session? YES NO	

OPTIONS		Saturday 3rd March	EVENTS
		INTER-KLIK CHALLENGE	
		The battle of the KLIKs. Relays, races, challenges and games to test who is the GREATEST KLIK of them all. Join in with your fellow members for a fun morning of different challenges.	
		NEW 7.15am & 9am groups	
		We are excited to announce that we have expanded our offering by creating 7:15 and 9am groups in some of our key locations. Whilst the 6am groups will always be our signature dish and the basis of what we do, the 7:15 and 9am groups are great if you have the flexibility in your day to day routine to train later in the morning.	
		rob@etwgroup.com	
		Bondi - Bronte - Coogee - Rushcutters Bay - Balmoral	

SESSIONS	Agility Blast improve agility, balance & co-ordination	Medicine Ball Mayhem using medball for added resistance	Pumping Iron using barbells & weights, improve your strength	SESSIONS
	Challenge Yourself Set a benchmark & next time around you can beat it	Mega Session a double session (90 mins) of weights & cardio	Resistance Tubes total body conditioning with resistance tubes	
	Circuit Combo total body workout with or without equipment	Moving Circuit keep on moving and use the park for a cardio blast	Run for Endurance work on your endurance with a 25 mins run	
	Core, Cones and Hills strengthening & core blast alternated with hills	No Pain No Gain a surprise circuit, bodyweight or equipment based	Shield Yourself strength, stability and core work using kick shields	
	Double Grip Med Balls add 2 handles and it's a whoope new (med) ball game	Pilates improve posture and core strength	Sprinting a great interval based cardio workout	
	Fighting Fit become a lean, mean, fighting machine	Power Punch punch like a heavy weight to build power & endurance	Sprints short and sweet for an awesome metabolic boost	
	Kayaking feed your soul on the Harbour with a morning paddle	Power Ropes build your strength endurance & cardio capacity	Tone & Balance improve your core strength & stability	
	Kettlebells develop functional, whole body strength	Power Up use dumbbells to improve your dynamic strength	Yoga improve flexibility core and mind body connection	

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