

Maroubra evolutionstartsat6am.com

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Maroubra Beach

We meet at the South End of Arthur Bryne Reserve, next to the South McKeon and side streets. Otherwise Maroubra Surf Life Saving Club

Studio 34. 34 McKeon St

Street parking is available on pub and it is a short walk up McKeon on the RHS.

Coogee Beach

Parking is available in the public car park at the end of Dolphin Street park on Marine parade opposite the (North end of beach). Meeting place is in the park area immediately adjacent to the parking lot

Plan your sessions ahead Attending this session? YES NO

Set your session attendance goal for the coming weeks

	Monday @ 6am 25 June 2012	Tuesday @ 6am 26 June 2012	Wednesday @ 6am 27 June 2012	Thursday @ 6am 28 June 2012	Friday @ 6am 29 June 2012	Saturday @ 7am 30 June 2012	
5	Moving Circuit	Kettlebells	Cardio Boxing	Flex & Core	Kettlebells	No Pain No Gain	15
盖	&	&			&		
ш	Power Yoga	Hardcore Core			Sprints		ш
	Studio 34, Mckeon St	Maroubra Beach	Maroubra Beach	Clovelly Church	Maroubra Beach	Bronte Park	_
	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	
	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	

	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am	
	2 July 2012	3 July 2012	4 July 2012	5 July 2012	6 July 2012	7 July 2012	
7	Moving Circuit	Pumping Iron	Cardio Boxing	Flex & Core	Power Ropes	No Pain No Gain	7
EK	&	&			&		×
ш	Power Yoga	Hardcore Core			Sprints		ш
	Studio 34, Mckeon St	Maroubra Beach	Maroubra Beach	Clovelly Church	Maroubra Beach	Centennial Park	3
	Attending this session?						
	YES NO						

	Monday @ 6am 9 July 2012	Tuesday @ 6am 10 July 2012	Wednesday @ 6am 11 July 2012	Thursday @ 6am 12 July 2012	Friday @ 6am 13 July 2012	Saturday @ 7am 14 July 2012	
3	Moving Circuit	Medicine Ball Mayhem	Cardio Boxing	Flex & Core	Challenge Yourself	No Pain No Gain	e S
ш	&	&					ш
Щ	Power Yoga	Hardcore Core					Ш
3	Studio 34, Mckeon St	Maroubra Beach	Maroubra Beach	Logan Dance Studio	Maroubra Beach	Lyne Park	3
	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	
	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	

	Monday @ 6am 16 July 2012	Tuesday @ 6am 17 July 2012	Wednesday @ 6am 18 July 2012	Thursday @ 6am 19 July 2012	Friday @ 6am 20 July 2012	Saturday @ 7am 21 July 2012	
7	Moving Circuit &	Power Up &	Cardio Boxing	Flex & Core	Power Up &	Mega Session	X
Ш	Power Yoga	Hardcore Core			Sprints		Ш
	Studio 34, Mckeon St	Maroubra Beach	Maroubra Beach	Clovelly Church	Maroubra Beach	Centennial Park	3
	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	Attending this session?	
	YES NO	YES NO	YES NO	YES NO	YES NO	YES NO	

	Thursday @ 6am			
	Long Run session			
S	Week 1			
NS	Rushcutters Park North			
0	Week 2			
F	Lyne Park, Rose Bay			
9	Week 3			
O	Bronte Park			
	Week 4			
	Coogee Beach			

Evolution Nutrition Program

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Our highly successful program that will help you;

- learn more about healthy eating achieve faster results
- improve your nutrition
- optimise your health lose weight feel more energised

contact Julie

0401 40 55 50 julie@etwgroup.com Sunday 22nd July

Sutherland to Surf Fun Run

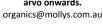
The Sutherland to Surf 11km Fun Run is holidng its 41st event this year. It's a great lead-in event for the City to Surf & Bridge Run. Join us as we make our way from Sutherland all the way to Cronulla Beach.

	Agility Blast	Mega Session	Resistance Tubes	
	improve agility, balance & co-ordination	a double session (90 mins) of weights & cardio	total body conditioning with resistance tubes	
	Challenge Yourself	Moving Circuit	Run for Endurance	
	Set a benchmark & next time around you can beat it	keep on moving and use the park for a cardio blast	work on your endurance with a 25 mins run	
	Circuit Combo	No Pain No Gain	Shield Yourself	
	total body workout with or without equipment	a surprise circuit, bodyweight or equipment based	strength, stability and core work using kick shields	2
Z	Core, Cones and Hills	Pilates	Skipping	Z
9	strengthening & core blast alternated with hills	improve posture and core strength	a great interval based cardio workout	9
2	Double Grip Med Balls	Power Punch	Sprints	2
E S	add 2 handles and it's a whope new (med) ball game	punch like a heavy weight to build power & endurance	short and sweet for an awesome metabolic boost	ESS
S	Kayaking	Power Ropes	Tone & Balance	S
	feed your soul on the Harbour with a morning paddle	build your strength endurance & cardio capacity	improve your core strength & stability	
	Kettlebells	Power Up	Tough Enough	
	develop functional, whole body strength	use dumbells to improve your dynamic strength	get down & dirty with a tough bodyweight session	
	Medicine Ball Mayhem	Pumping Iron	Yoga	
	using medball for added resistance	using barbells & weights, improve your strength	improve flexibility core and mind body connection	

OUR PARTNERS

MEET YOU AT MOLLY'S MCKEON STREET MAROUBRA 2035

Order your organic fruit and vege box on a Tuesday Tuesday and collect Friday arvo onwards.





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NEWS