



Amy: 0412 230 926

**GREGORY PARK** - We meet up the end of the park closest to the play equipment and basketball hoop, on Baroona Rd.

**NORMAN BUCHAN PARK** - Enter the park off Rainworth rd, into Baroona rd. We meet at the BBQ hut just down from the carpark

**BOWMAN PARK** - Enter Bowman Park at the Cnr of Chiswick Rd & Simpsons Rd. You will have the play equipment on the Right as you drive down to the park and into the 2nd parking lot

**WET WEATHER VENUE** - When raining we will text at 5.30am. The session is at The Lavalla Centre, cnr Fernberg Rd & Given Tce. Walk through the big gates & around the back to the undercover area.

<b>Week 1</b>	Monday @ 6am 11 September 2017	Tuesday @ 6am 12 September 2017	Wednesday @ 6am 13 September 2017	Thursday @ 6am 14 September 2017	Friday @ 6am 15 September 2017
	Kettlebells & Interval Running	Body Blast	Boxing	Yoga	Kettlebell Circuit & Run for endurance
	<b>Gregory Park</b>	<b>Norman Buchan Park</b>	<b>Bowman Park</b>	<b>18 Nash St Yoga Studio</b>	<b>Gregory Park</b>
	Trainers <b>Tracey</b>	Trainers <b>Amy</b>	Trainers <b>Tracey</b>	Instructor <b>Katie</b>	Trainers <b>Amy</b>
<b>Week 2</b>	Monday @ 6am 18 September 2017	Tuesday @ 6am 19 September 2017	Wednesday @ 6am 20 September 2017	Thursday @ 6am 21 September 2017	Friday @ 6am 22 September 2017
	Dead Balls & Interval Running	Dynamic Body Weight & Hills	Boxing	Yoga	Dead Balls & Run for endurance
	<b>Gregory Park</b>	<b>Norman Buchan Park</b>	<b>Bowman Park</b>	<b>18 Nash St Yoga Studio</b>	<b>Gregory Park</b>
	Trainers <b>Tracey</b>	Trainers <b>Amy</b>	Trainers <b>Tracey</b>	Instructor <b>Katie</b>	Trainers <b>Amy</b>
<b>Week 3</b>	Monday @ 6am 25 September 2017	Tuesday @ 6am 26 September 2017	Wednesday @ 6am 27 September 2017	Thursday @ 6am 28 September 2017	Friday @ 6am 29 September 2017
	Barbells & Interval Running	Body Blast	Boxing	Yoga	Barbells & Run for endurance
	<b>Gregory Park</b>	<b>Norman Buchan Park</b>	<b>Bowman Park</b>	<b>18 Nash St Yoga Studio</b>	<b>Gregory Park</b>
	Trainers <b>Tracey</b>	Trainers <b>Amy</b>	Trainers <b>Tracey</b>	Instructor <b>Katie</b>	Trainers <b>Amy</b>
<b>Week 4</b>	Monday @ 6am 2 October 2017	Tuesday @ 6am 3 October 2017	Wednesday @ 6am 4 October 2017	Thursday @ 6am 5 October 2017	Friday @ 6am 6 October 2017
	Public Holiday  No Training	Dynamic Body Weight & Hills	Boxing	Yoga	Body weight smash up & Run for endurance
	<b>Gregory Park</b>	<b>Norman Buchan Park</b>	<b>Bowman Park</b>	<b>18 Nash St Yoga Studio</b>	<b>Gregory Park</b>
	Trainers <b>Tracey</b>	Trainers <b>Amy</b>	Trainers <b>Tracey</b>	Trainer <b>Katie</b>	Instructor <b>Amy</b>

