



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

**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.

**YOGA** - Yoga is held at the Brisbane Yoga Space Studio - 18 Nash St, opp Cold Rock Icecreamery. Enter up the stairs from the car park

<b>Week 1</b>	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am
	Kettlebells & Interval Running	Body Blast	Boxing	Yoga	Kettlebells & Run for endurance
	<b>Gregory Park</b>	<b>Norman Buchan Park</b>	<b>Frew Park</b>	<b>18 Nash St Yoga Studio</b>	<b>Gregory Park</b>
	Trainers <b>Tracey</b>	Trainers <b>Amy</b>	Trainers <b>Amy</b>	Instructor <b>Katie</b>	Trainers <b>Tracey</b>
<b>Week 2</b>	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am
	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>Frew 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	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am
	Barbells & Interval Running	Body Blast	Boxing	Yoga	Barbells & Run for endurance
	<b>Gregory Park</b>	<b>Norman Buchan Park</b>	<b>Frew 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	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am
	Body weight & Interval Running	Dynamic Body Weight & Hills	Boxing	Yoga	Barbells & Run for endurance
	<b>Gregory Park</b>	<b>Norman Buchan Park</b>	<b>Frew 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>

