

Amy: 0412 230 926

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

FREW PARK - Drive in to Frew Park off Haig Rd and park in the car park. Walk towards the kids play ground area and we meet just near there.

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.

	Allly: 0412 230 920				
	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am
ek 1	Kettlebells & Interval Running	Body Blast	Boxing	Power Blast	Kettlebells & Run for endurance
\Box	Gregory Park	Norman Buchan Park	Frew Park	Frew Park	Gregory Park
Weel	Trainers Tracey	Trainers Amy	Trainers Tracey	Trainers Tracey	Trainers Amy
2	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am
Week 2	Slam Balls & Interval Running	Slam Balls & Hills	Boxing	Power Blast	Slam Balls & Run for endurance
Φ	Gregory Park	Norman Buchan Park	Frew Park	Frew Park	Gregory Park
\geq	Trainers Tracey	Trainers Amy	Trainers Tracey	Trainers Tracey	Trainers Amy
	Manday @ Cam	Tuesday @ Com	Wadaaaday @ Cam	·	
	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am
3		Tuesday @ 6am	Wednesday @ 6am	·	Friday @ 6am
	Barbells	· ·	·	Thursday @ 6am	Friday @ 6am Barbells
	Barbells &	Tuesday @ 6am Body Blast	Wednesday @ 6am Boxing	·	Friday @ 6am Barbells &
	Barbells & Interval Running	· ·	·	Thursday @ 6am Power Blast	Friday @ 6am Barbells & Run for endurance
	Barbells &	Body Blast	Boxing	Thursday @ 6am	Friday @ 6am Barbells &
Week 3	Barbells & Interval Running Gregory Park	Body Blast Norman Buchan Park	Boxing Frew Park	Thursday @ 6am Power Blast Frey Park	Friday @ 6am Barbells & Run for endurance Gregory Park
	Barbells & Interval Running Gregory Park Trainers Tracey	Body Blast Norman Buchan Park Trainers Amy	Boxing Frew Park Trainers Tracey	Thursday @ 6am Power Blast Frey Park Trainers Tracey	Friday @ 6am Barbells & Run for endurance Gregory Park Trainers Amy
Week	Barbells & Interval Running Gregory Park Trainers	Body Blast Norman Buchan Park Trainers	Boxing Frew Park Trainers	Thursday @ 6am Power Blast Frey Park Trainers	Friday @ 6am Barbells & Run for endurance Gregory Park Trainers
4 Week	Barbells & Interval Running Gregory Park Trainers Tracey Monday @ 6am	Body Blast Norman Buchan Park Trainers Amy	Boxing Frew Park Trainers Tracey	Thursday @ 6am Power Blast Frey Park Trainers Tracey	Friday @ 6am Barbells & Run for endurance Gregory Park Trainers Amy
4 Week	Barbells & Interval Running Gregory Park Trainers Tracey Monday @ 6am Body weight &	Body Blast Norman Buchan Park Trainers Amy Tuesday @ 6am Dynamic Body Weight &	Boxing Frew Park Trainers Tracey	Thursday @ 6am Power Blast Frey Park Trainers Tracey	Friday @ 6am Barbells & Run for endurance Gregory Park Trainers Amy Friday @ 6am Body weight &
4 Week	Barbells & Interval Running Gregory Park Trainers Tracey Monday @ 6am Body weight & Interval Running	Body Blast Norman Buchan Park Trainers Amy Tuesday @ 6am Dynamic Body Weight & Hills	Boxing Frew Park Trainers Tracey Wednesday @ 6am Boxing	Thursday @ 6am Power Blast Frey Park Trainers Tracey Thursday @ 6am Power Blast	Friday @ 6am Barbells & Run for endurance Gregory Park Trainers Amy Friday @ 6am Body weight & Run for endurance
Week	Barbells & Interval Running Gregory Park Trainers Tracey Monday @ 6am Body weight &	Body Blast Norman Buchan Park Trainers Amy Tuesday @ 6am Dynamic Body Weight &	Boxing Frew Park Trainers Tracey Wednesday @ 6am	Thursday @ 6am Power Blast Frey Park Trainers Tracey Thursday @ 6am	Friday @ 6am Barbells & Run for endurance Gregory Park Trainers Amy Friday @ 6am Body weight &

Tracey Amy Tracey Tracey Amy