



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

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.

Week 1	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am
	Kettlebells & Interval Running	Body Blast	Boxing	Power Blast	Kettlebells & Run for endurance
	Gregory Park	Norman Buchan Park	Frew Park	Frew Park	Gregory Park
	Trainers Tracey	Trainers Amy	Trainers Tracey	Trainers Tracey	Trainers Amy
Week 2	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am
	Slam Balls & Interval Running	Slam Balls & Hills	Boxing	Power Blast	Slam Balls & Run for endurance
	Gregory Park	Norman Buchan Park	Frew Park	Frew Park	Gregory Park
	Trainers Tracey	Trainers Amy	Trainers Tracey	Trainers Tracey	Trainers Amy
Week 3	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am
	Barbells & Interval Running	Body Blast	Boxing	Power Blast	Barbells & Run for endurance
	Gregory Park	Norman Buchan Park	Frew Park	Frey Park	Gregory Park
	Trainers Tracey	Trainers Amy	Trainers Tracey	Trainers Tracey	Trainers Amy
Week 4	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am
	Body weight & Interval Running	Dynamic Body Weight & Hills	Boxing	Power Blast	Body weight & Run for endurance
	Gregory Park	Norman Buchan Park	Frew Park	Frew Park	Gregory Park
	Trainers	Trainers	Trainers	Trainers	Instructor



Tracey

Amy

Tracey

Tracey

Amy

