



Rushcutters Bay

**TIMETABLE**

[www.evolutiontowellbeing.com.au](http://www.evolutiontowellbeing.com.au)

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**Week 1: commencing 18 November**












LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RUSHCUTTERS PARK		Circuit Combo 		No Pain No Gain  Power Yoga  Run for Endurance  Cardio Boxing 	Box with Power  Box with Power 	
QUEENS PARK						No Pain No Gain (7am)  No Pain No Gain (7am)  No Pain No Gain (7am) 

**Week 2: commencing 25 November**









LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RUSHCUTTERS PARK		Circuit Combo 	Resistance Tubes 	No Pain No Gain  Cardio Boxing 	Box with Power  Cardio Boxing 	
CENTENNIAL PARK						No Pain No Gain (7am)  No Pain No Gain (7am)  No Pain No Gain (7am) 




LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LYNE PARK, ROSEBAY				No Pain No Gain  Power Yoga  Run for Endurance 		

Week 3: commencing 02 December

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RUSHCUTTERS PARK		Circuit Combo 	Agility Blast 	No Pain No Gain  Power Yoga  Cardio Boxing 	Box with Power  Box with Power 	
LYNE PARK, ROSEBAY						No Pain No Gain (7am)  No Pain No Gain (7am)  No Pain No Gain (7am) 
BRONTE PARK				Run for Endurance 		

Week 4: commencing 09 December

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RUSHCUTTERS PARK		Circuit Combo 		No Pain No Gain  Cardio Boxing 	Box with Power  Box with Power 	
REDFERN OVAL						Mega Session (7am)  Mega Session (7am)  Mega Session (7am) 

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LYNE PARK, ROSEBAY				No Pain No Gain  Power Yoga 		
COOGEE BEACH				Run for Endurance 		

	High Intensity Interval Training (HIIT)		Strength
	Strength		Strength
	Strength		Wall Balls
	Cardio		Strength Cardio Mix
	Mind-Body-Remedial		

## LOCATIONS

**Bronte Park** Parking is available adjacent to the beach in Bronte Road. We meet in the park adjacent to the beach. Our meeting spot is next to the little green garage that houses the children's train.

MAP

**Centennial Park** Use either the Darley Road or Oxford Street For all NON cycling sessions our meeting point is on the Grand Drive in the area next to the main restaurant and kiosk (on the left side if you are facing the kiosk)

MAP

**Coogee Beach** Parking is available in the public car park at the end of Dolphin Street (North end of beach). Meeting place is in the park area immediately adjacent to the parking lot.

MAP

**Lyne Park, Rosebay** The park is off New South Head Road in Rose Bay. Nearest cross streets are O'Sullivan Road and Kent Road. Landmarks are the Rose Bay Ferry Wharf, Catalinas and the floating Imperial Peking Restaurant. We meet in the park adjacent to Catalinas.

MAP

**Queens Park** East end of queens park, park on Darley Road just off Carrington, near the cricket pavilion.

MAP

**Redfern Oval** Meet place is located near the sculptures, about 20 meters north of the cafe on the Chalmers st side of the park. Wet weather meeting point will be at the entrance to the stadium.

MAP

**Rushcutters Park** Located on the corner of New South Head Road & New Beach Road. We meet in the park approximately 50 metres North of the cafe

MAP

## Sessions

NAME	DESCRIPTION
Agility Blast	Get agile with a multi-directional movement circuit
Box with Power	Punch away any stresses with a muscle burning lung busting boxing sesh
Cardio Boxing	Punch away any stresses with a muscle burning lung busting boxing sesh
Circuit Combo	A combo of strength and cardio stations to get you lean amongst the green
Mega Session (7am)	A 90 min extended session to challenge endurance and kick start the weekend
No Pain No Gain	Blast away with high intensity body weight moves that will put the calorie burn through the roof
No Pain No Gain (7am)	Enjoy a 7am start and blast away with high intensity body weight moves that will put the calorie burn through the roof
Power Yoga	Improve flexibility, core and mind/body connection
Resistance Tubes	Push, pull, rotate. Great all round conditioning
Run for Endurance	Improve your running endurance, giving you the confidence to try a fun run or event

