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Week 1: commencing 16 October

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SYDNEY PARK	Barbell Strength & Conditioning  Barbell Strength & Conditioning 	Run Club 		Body Blast 	Cardio Boxing  Cardio Boxing 	
REDFERN OVAL				Yoga 		

Week 2: commencing 23 October

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SYDNEY PARK	Medicine Ball Mayhem  Medicine Ball Mayhem 	Run Club 	Medicine Ball Mayhem  Medicine Ball Mayhem 	Cardio Mash Up 	Box with Power  Box with Power 	
REDFERN OVAL		Yoga 		Yoga 		

Week 3: commencing 30 October

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SYDNEY PARK	Dumbbell Strength & Conditioning  Dumbbell Strength & Conditioning 	Long Run 	Dumbbell High Intensity  Dumbbell High Intensity 	Agility Blast 	Cardio Boxing  Cardio Boxing 	

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SYDNEY PARK		<div>Cones & Hills</div> <div></div>	<div>Kettlebell High Intensity</div> <div></div> <div>Kettlebell High Intensity</div> <div></div>	<div>Body Blast</div> <div></div>	<div>Box with Power</div> <div></div> <div>Box with Power</div> <div></div>	
REDFERN OVAL		<div>Yoga</div> <div></div>		<div>Yoga</div> <div></div>		

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

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.



Sydney Park Car Park of Sydney Park, southern side of the Car Park



Sessions

NAME	DESCRIPTION
Agility Blast	Get agile with a multi-directional movement circuit
Barbell Strength & Conditioning	

NAME	DESCRIPTION
Body Blast	Blast away with high intensity body weight moves that will put the calorie burn through the roof
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
Cardio Mash Up	Varied mix of Cardio and Body Weight excercises
Cones & Hills	A challenging combo of agility cone drills and hill reps
Dumbbell High Intensity	
Dumbbell Strength & Conditioning	
Kettlebell High Intensity	
Long Run	Improve your running endurance, giving you the confidence to try a fun run or event
Medicine Ball Mayhem	Build and tone your muscles using medballs for total body conditioning
Run Club	Improve running speed, power & technique.
Yoga	Improve flexibility, core and mind/body connection

