





Rozelle

TIMETABLE



www.evolutiontowellbeing.com.au

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Week 1: commencing 07 April

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEICHHARDT OVAL #3	Run for Endurance  Cardio Boxing 					

Week 2: commencing 14 April

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEICHHARDT OVAL #3	Run for Endurance  Cardio Boxing 					

Week 4: commencing 28 April

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEICHHARDT OVAL #3	Run for Endurance  Cardio Boxing 					



High Intensity Interval
Training (HIIT)



Strength



Strength



Strength



Strength



Wall Balls



Cardio



Strength Cardio Mix



Mind-Body-Remedial

CTIONS

Leichhardt Oval #3 On the Bay Run, near La Montagne and the Aquatic Centre on Maliyawul Street. Turn off Perry Street on to Commercial or Frazer and follow the roads down to Maliyawul.

MAP

Sessions

NAME	DESCRIPTION
Cardio Boxing	Punch away any stresses with a muscle burning lung busting boxing sesh
Run for Endurance	Improve your running endurance, giving you the confidence to try a fun run or event

