





Rozelle

TIMETABLE



www.evolutiontowellbeing.com.au

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Week 1: commencing 05 May

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

Week 2: commencing 12 May

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

Week 3: commencing 19 May

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEICHHARDT OVAL #3	Run for Endurance  Cardio Boxing 					
BALLAST POINT, BALMAIN					Medicine Ball Mayhem  Agility Blast 	

Week 4: commencing 26 May

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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LEICHHARDT
OVAL #3

Run for
Endurance
Cardio Boxing

Resistance Tubes



High Intensity Interval
Training (HIIT)



Strength



Strength



Strength



Strength



Wall Balls



Cardio



Strength Cardio Mix



Mind-Body-Remedial

LOCATIONS

Ballast Point, Balmain Situated in Birchgrove overlooking Mort Bay & Sydney Harbour the park is located at the end of Ballast Point Road.

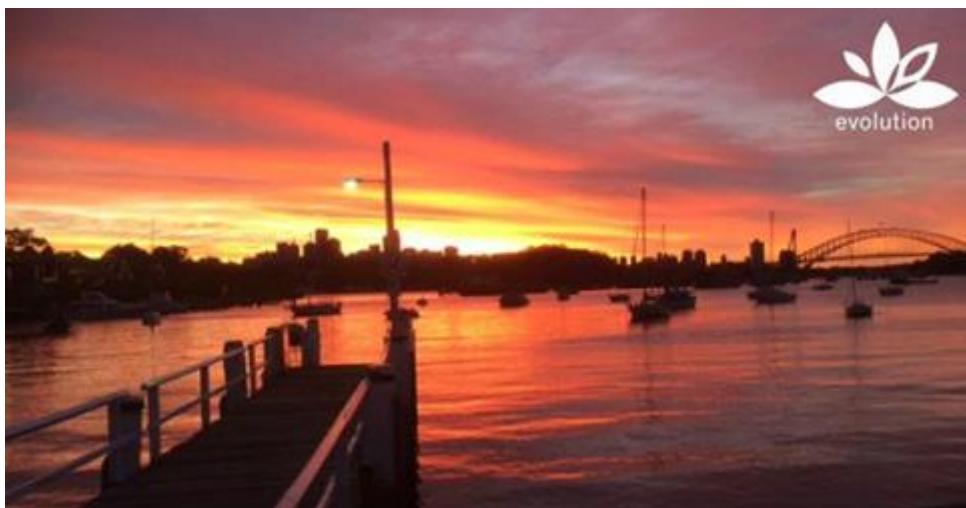
MAP

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
Agility Blast	Get agile with a multi-directional movement circuit
Cardio Boxing	Punch away any stresses with a muscle burning lung busting boxing sesh
Medicine Ball Mayhem	Build and tone your muscles using medballs for total body conditioning
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



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