



Lance Radus

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Week 1: commencing 23 September

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAROUBRA BEACH	Circuit Combo Power Yoga 		Cardio Boxing Cardio Boxing 	No Pain No Gain Cardio Boxing 		
QUEENS PARK						No Pain No Gain (7am)

Week 2: commencing 30 September

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAROUBRA BEACH	Circuit Combo Power Yoga 	Run for Endurance Power Yoga 	Cardio Boxing Cardio Boxing 	No Pain No Gain Cardio Boxing Long Run 		
CENTENNIAL PARK						No Pain No Gain (7am)

Week 3: commencing 07 October

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAROUBRA BEACH			Cardio Boxing Cardio Boxing 	Cardio Boxing No Pain No Gain 		
COOGEE BEACH	Public Holiday Session (7am)					

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LYNE PARK, ROSEBAY						No Pain No Gain (7am) 

Week 4: commencing 14 October

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAROUBRA BEACH	Power Yoga  Circuit Combo 	Power Yoga 	Cardio Boxing  Cardio Boxing 	No Pain No Gain  Cardio Boxing 		

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

CATIONS

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)



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.



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.



Maroubra Beach We meet at the South End of Arthur Bryne Reserve, next to the South Maroubra Surf Life Saving Club



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



Sessions

NAME	DESCRIPTION
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
Long Run	Improve your running endurance, giving you the confidence to try a fun run or event
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
Public Holiday Session (7am)	Make the most of a long weekend with a 7am session alongside your evo buddies
Run for Endurance	Improve your running endurance, giving you the confidence to try a fun run or event

