



Maroubra

**TIMETABLE**











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




**Week 1: commencing 18 November**


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

**Week 2: commencing 25 November**









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

**Week 3: commencing 02 December**

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

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

#### Week 4: commencing 09 December

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARROUBRA BEACH	Power Yoga  Circuit Combo 		Cardio Boxing  Cardio Boxing 	No Pain No Gain  Cardio Boxing 		
COOGEE BEACH		Yoga 				
REDFERN OVAL						Mega Session (7am) 

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

**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

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

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

## 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
Deadballs	Get strong and powerful with these super heavy balls
Interval Based Running	Take your running to the next level with intervals. Run hard, rest hard, repeat ;-)
Long Run	Improve your running endurance, giving you the confidence to try a fun run or event
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
Saturday Yoga Flow (7am)	Relax your body at the end of a big training week with Yoga Flow
Yoga	Improve flexibility, core and mind/body connection

