

Evolution training over Dec 04 / Jan 05

Track 6 2004 ends on Saturday the 18th of December

Interim sessions start on Monday the 20th of December

The LOCATION for all interim training sessions is **BONDI**.

The meeting place will be the Southern end of the pavilion which is the same place that we meet at presently.

The cost per session is \$ 10.00 payable to your trainer at sessions.

Date	Day	6:00am	9:00am	7:00pm
20 Dec	Monday	Yes	Yes	
21 Dec	Tuesday	Yes		Yes
22 Dec	Wednesday	Yes	Yes	
23 Dec	Thursday	Yes		Yes
24 Dec	Friday	Yes		
27 Dec	Monday	Yes	Yes	
28 Dec	Tuesday	Yes		Yes
29 Dec	Wednesday	Yes	Yes	
30 Dec	Thursday	Yes		Yes
31 Dec	Friday	Yes		
3 Jan	Monday	Yes	Yes	
4 Jan	Tuesday	Yes		Yes
5 Jan	Wednesday	Yes	Yes	
6 Jan	Thursday	Yes		Yes
7 Jan	Friday	Yes		
10 Jan	Monday	Yes	Yes	
11 Jan	Tuesday	Yes		Yes
12 Jan	Wednesday	Yes	Yes	
13 Jan	Thursday	Yes		Yes
14 Jan	Friday	Yes		

Your timetables for track 1 17th Jan 2005 will be available in the new year.

Have a great new year filled with laughter, food, drink, family and the occasional fitness training session.