



Week 1	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	18 October 10	19 October 10	20 October 10	21 October 10	22 October 10	23 October 10
	Barbell Weights & Body Blast	Core, Cones and Hills	Power Punch	Yoga	Barbell Weights & Run for Endurance	
	Gregory Park	Norman Buchan Park	Bowman Park	The Lavalla Centre	Gregory Park	
	Barbell Weights: build and tone your muscles with outdoor weights training. & Body Blast: total body workout focusing on strength, cardio and core.	dynamic strengthening drills and core blast alternated with running and hills	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Barbell Weights: build and tone your muscles with outdoor weights training. & Run for Endurance : this session builds your running endurance with a continual run catering for all levels.	

Week 2	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	25 October 10	26 October 10	27 October 10	28 October 10	29 October 10	30 October 10
	Resistance Tubes & Moving Circuit	Circuit Combo & Stretch it out	Power Punch	Yoga	Resistance Tubes & Run for Endurance	
	Gregory Park	Norman Buchan Park	Bowman Park	The Lavalla Centre	Gregory Park	
	Resistance Tubes: the ultimate strength and conditioning tool. & Moving Circuit: moving through the park. Using nature for a combo cardio and strength session.	Circuit Combo: total body circuit (can be equipment or non-equipment based) & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Resistance Tubes: the ultimate strength and conditioning tool. & Run for Endurance : this session builds your running endurance with a continual run catering for all levels.	

Week 3	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	01 November 10	02 November 10	03 November 10	04 November 10	05 November 10	06 November 10
	Med Ball Mashup & Sprints	Core, Cones and Hills	Power Punch	Yoga	Run for Endurance & Med Ball Mashup	
	Gregory Park	Norman Buchan Park	Bowman Park	The Lavalla Centre	Gregory Park	
	Med Ball Mashup: strength work using medball for additional resistance. & Sprints: Short and sweet for an awesome metabolic boost.	dynamic strengthening drills and core blast alternated with running and hills	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Run for Endurance : this session builds your running endurance with a continual run catering for all levels. & Med Ball Mashup: strength work using medball for additional resistance.	

Week 4	Monday @ 6am	Tuesday @ 6am	Wednesday @ 6am	Thursday @ 6am	Friday @ 6am	Saturday @ 7am
	08 November 10	09 November 10	10 November 10	11 November 10	12 November 10	13 November 10
	No Pain No Gain & Agility Blast	Circuit Combo	Power Punch	Yoga	Agility Blast & Run for Endurance	
	Gregory Park	Norman Buchan Park	Bowman Park	The Lavalla Centre	Gregory Park	
	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Agility Blast: challenging and fun class using props to improve agility & co-ordination	total body circuit (can be equipment or non-equipment based)	Punch like a heavy weight to build power and endurance.	improve flexibility core and mind body connection	Agility Blast: challenging and fun class using props to improve agility & co-ordination & Run for Endurance : this session builds your running endurance with a continual run catering for all levels.	

Evolutionary Contact Details

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Colour coded training sessions

Red Cardio-vascular based fitness sessions of moderate to high intensity

Blue Focus on total body strength, weight bearing and stabilisation-based exercises

Green Focus on mind-body connection; lower, upper and core body strength

'Obstacles are what you see when you take your eye off the goal'