

WEEK 1					
Monday @ 6am 2 May 2011	Tuesday @ 6am 3 May 2011	Wednesday @ 6am 4 May 2011	Thursday @ 6am 5 May 2011	Friday @ 6am 6 May 2011	Saturday @ 7am 7 May 2011
Med Ball Mashup & Run for Endurance	Rush Hour Sprints Stretch it out	Med Ball Mashup & Resistance Tubes	No Pain No Gain Run for Fun Yoga	Box with Power	Power Punch
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Glenmore Road School	Rushcutters Bay Park	Centennial Park
Med Ball Mashup: strength work using medball for additional resistance. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Med Ball Mashup: strength work using medball for additional resistance. & Resistance Tubes: the ultimate strength and conditioning tool.	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Yoga: improve flexibility core and mind body connection	Hi rep boxing drills to develop endurance and power.	Punch like a heavy weight to build power and endurance.

WEEK 2					
Monday @ 6am 9 May 2011	Tuesday @ 6am 10 May 2011	Wednesday @ 6am 11 May 2011	Thursday @ 6am 12 May 2011	Friday @ 6am 13 May 2011	Saturday @ 7am 14 May 2011
Kettlebells & Run for Endurance	Rush Hour Sprints Stretch it out	Challenge Yourself	No Pain No Gain Run for Fun Yoga	Box with Power	Kayaking & Body Blast
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Glenmore Road School	Rushcutters Bay Park	Lyne Park
Kettlebells: use this traditional Russian weight to develop muscular strength and flexibility. & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Set a benchmark for yourself in this session. Next time around you'll see how much you've improved	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Yoga: improve flexibility core and mind body connection	Hi rep boxing drills to develop endurance and power.	Kayaking: Get out on the water and feed your soul on Sydney Harbour. & Body Blast: total body workout focusing on strength, cardio and core.

WEEK 3					
Monday @ 6am 16 May 2011	Tuesday @ 6am 17 May 2011	Wednesday @ 6am 18 May 2011	Thursday @ 6am 19 May 2011	Friday @ 6am 20 May 2011	Saturday @ 7am 21 May 2011
Double Grip Med Balls & Run for Endurance	Rush Hour Sprints Stretch it out	Double Grip Med Balls & Balanced Attack	No Pain No Gain Run for Fun Yoga	Box with Power	Kayaking & Body Blast
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Glenmore Road School	Rushcutters Bay Park	Balmoral Beach
Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Run for Endurance: this session builds your running endurance with a continual run catering for all levels.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Balanced Attack: improve your balance & co-ordination using simple drills	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Yoga: improve flexibility core and mind body connection	Hi rep boxing drills to develop endurance and power.	Kayaking: Get out on the water and feed your soul on Sydney Harbour. & Body Blast: total body workout focusing on strength, cardio and core.

WEEK 4					
Monday @ 6am 23 May 2011	Tuesday @ 6am 24 May 2011	Wednesday @ 6am 25 May 2011	Thursday @ 6am 26 May 2011	Friday @ 6am 27 May 2011	Saturday @ 7am 28 May 2011
Barbell Weights & Run for Endurance	Rush Hour Sprints Stretch it out	Barbell Weights & Moving Circuit	No Pain No Gain Run for Fun Yoga	Box with Power	Mega Session
Rushcutters Bay Park	Rushcutters Bay Park	Rushcutters Bay Park	Glenmore Road School	Rushcutters Bay Park	Maroubra Beach
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.	Rush Hour: bodyweight circuit class that will definitely get the heart rate up and those muscles aching & Stretch it out: stretch out those sore spots to maximise flexibility and to make the most of your other sessions	Barbell Weights: build and tone your muscles with outdoor weights training. & Moving Circuit: moving through the park. Using nature for a combo cardio and strength session.	No Pain No Gain: a surprise circuit that could be bodyweight or equipment based. & Yoga: improve flexibility core and mind body connection	Hi rep boxing drills to develop endurance and power.	extended training session, bring a friend and introduce them to the Evolution way. Starting from 7am. Come along whenever suits and make a morning of it!!

SESSION OPTIONS	KLIK ALLIANCE PARTNER	LOCATION FINDER
Tuesday @ 6am Postural Pilates & Howey Circuit Bronte Park	Please show your support for our Alliance Partners  Shop 16, 24-30 Springfield Avenue Potts Point 9380 7232 and say hi to Alister	Internet search for more location descriptions "Evolution where do we train" Glenmore Road School Lyne Park Located between Glenmore Road & Cambridge Street in Paddington. Entry is off Cambridge Street through the school gate. Parking is easiest on Cambridge Street. Located off New South Head Road in Rose Bay. Nearest cross streets are O'Sullivan Road and Kent Road. We meet in the park adjacent to Catalinas Restaurant.

<b>Sunday 8th May</b> 8km or 4km / Run or Walk <b>Mothers' Day Classic</b> For more than a decade, the Mother's Day Classic fun run and walk has provided communities with a great way to celebrate Mother's Day and raise funds for breast cancer research. See you on May 8th 2011! for more info contact - rob@etwgroup.com	<b>Sunday 15th May</b> 21km Half-Marathon <b>The Sydney Morning Herald 21km</b> Take on the new one lap course. The 20th Sydney Morning Herald Half Marathon, presented by Colonial First State is celebrating the milestone with a new, single lap course that takes in Sydney's most spectacular scenery. for more info contact - rob@etwgroup.com	<b>Saturday &amp; Sunday 21st &amp; 22nd May</b> Join in with the trainers & evolutionites <b>Relay for Life</b> It's not a race, teams of 10-15 people take turns to walk or run around the track. A huge part of Relay For Life is the atmosphere - it's a carnival and celebration, but also a heart-warming time to reflect & share experiences for more info contact - rob@etwgroup.com
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