

WEEK 1					
Monday @ 7.15am 2 May 2011	3 May 2011	Wednesday @ 7.15am 4 May 2011	5 May 2011	Friday @ 7.15am 6 May 2011	Saturday @ 7am 7 May 2011
Med Ball Mashup & Run for Endurance	REST DAY - NO SESSION	Med Ball Mashup & Resistance Tubes	REST DAY - NO SESSION	Box with Power	Power Punch BONUS SESSION
Rushcutters Bay Park		Rushcutters Bay Park		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.		Med Ball Mashup: strength work using medball for additional resistance. & Resistance Tubes: the ultimate strength and conditioning tool.		Hi rep boxing drills to develop endurance and power.	Punch like a heavy weight to build power and endurance.

WEEK 2					
Monday @ 7.15am 9 May 2011	10 May 2011	Wednesday @ 7.15am 11 May 2011	12 May 2011	Friday @ 7.15am 13 May 2011	Saturday @ 7am 14 May 2011
Kettlebells & Run for Endurance	REST DAY - NO SESSION	Challenge Yourself	REST DAY - NO SESSION	Box with Power	Kayaking BONUS SESSION Body Blast
Rushcutters Bay Park		Rushcutters Bay Park		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.		Set a benchmark for yourself in this session. Next time around you'll see how much you've improved		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 @ 7.15am 16 May 2011	17 May 2011	Wednesday @ 7.15am 18 May 2011	19 May 2011	Friday @ 7.15am 20 May 2011	Saturday @ 7am 21 May 2011
Double Grip Med Balls & Run for Endurance	REST DAY - NO SESSION	Double Grip Med Balls & Balanced Attack	REST DAY - NO SESSION	Box with Power	Kayaking BONUS SESSION Body Blast
Rushcutters Bay Park		Rushcutters Bay Park		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.		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		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 @ 7.15am 23 May 2011	24 May 2011	Wednesday @ 7.15am 25 May 2011	26 May 2011	Friday @ 7.15am 27 May 2011	Saturday @ 7am 28 May 2011
Barbell Weights & Run for Endurance	REST DAY - NO SESSION	Barbell Weights & Moving Circuit	REST DAY - NO SESSION	Box with Power	Mega Session BONUS SESSION
Rushcutters Bay Park		Rushcutters Bay Park		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.		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.		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				
	Please show your support for our Alliance Partners	Internet search for more location descriptions				
	 <p>Shop 16, 24-30 Springfield Avenue Potts Point 9380 7232 and say hi to Alister</p>	<p>"Evolution where do we train"</p> <table border="1"> <tr> <th>Centennial Park</th> <th>Bronte Park</th> </tr> <tr> <td>Best entrances to use is the Paddington Gates entry. Meeting point is just off the road next to the main restaurant (on the left side if you are facing the kiosk). The closest cross street (in the Park) is Parkes Street.</td> <td>We meet in the southern end of the park adjacent to the beach. Our meeting spot is next to the little green garage that houses the children's train.</td> </tr> </table>	Centennial Park	Bronte Park	Best entrances to use is the Paddington Gates entry. Meeting point is just off the road next to the main restaurant (on the left side if you are facing the kiosk). The closest cross street (in the Park) is Parkes Street.	We meet in the southern end of the park adjacent to the beach. Our meeting spot is next to the little green garage that houses the children's train.
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<p>Sunday 8th May 8km or 4km / Run or Walk</p> <p>Mothers' Day Classic</p> <p>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!</p> <p>for more info contact - rob@etwgroup.com</p>	<p>Sunday 15th May 21km Half-Marathon</p> <p>The Sydney Morning Herald 21km</p> <p>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.</p> <p>for more info contact - rob@etwgroup.com</p>	<p>Saturday & Sunday 21st & 22nd May Join in with the trainers & evolutionites</p> <p>Relay for Life</p> <p>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</p> <p>for more info contact - rob@etwgroup.com</p>
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