

| WEEK 1 | | | | | |
|--|-----------------------|--|-----------------------|---|---|
| Monday @ 7.15am 17 October 2011 | 18 October 2011 | Wednesday @ 7.15am 19 October 2011 | 20 October 2011 | Friday @ 7.15am 21 October 2011 | Saturday @ 7am 22 October 2011 |
| Med Ball Mashup & Sprints | REST DAY - NO SESSION | Med Ball Mashup & Resistance Tubes | REST DAY - NO SESSION | Box with Power | No Pain No Gain BONUS SESSION |
| Rushcutters Park North | | Rushcutters Park North | | Rushcutters Park North | Bronte Park |
| Med Ball Mashup: strength work using medball for additional resistance. & Sprints: Short and sweet for an awesome metabolic boost. | | Med Ball Mashup: strength work using medball for additional resistance. & Resistance Tubes: the ultimate strength and conditioning tool. | | Hi rep boxing drills to develop cardio endurance and power. | a surprise circuit that could be bodyweight or equipment based. |

| WEEK 2 | | | | | |
|--|-----------------------|--|-----------------------|---|---|
| Monday @ 7.15am 24 October 2011 | 25 October 2011 | Wednesday @ 7.15am 26 October 2011 | 27 October 2011 | Friday @ 7.15am 28 October 2011 | Saturday @ 7am 29 October 2011 |
| Dumbbell Demons Kettlebells Sprints | REST DAY - NO SESSION | Challenge Yourself | REST DAY - NO SESSION | Box with Power | Body Blast BONUS SESSION |
| Rushcutters Park North | | Rushcutters Park North | | Rushcutters Park North | Centennial Park |
| Dumbbell Demons: using dumbbells to balance out your body and strengthen and tone your muscles. & Sprints: Short and sweet for an awesome metabolic boost. | | 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 cardio endurance and power. | total body workout focusing on strength, cardio and core. |

| WEEK 3 | | | | | |
|--|-----------------------|---|-----------------------|---|--|
| Monday @ 7.15am 31 October 2011 | 1 November 2011 | Wednesday @ 7.15am 2 November 2011 | 3 November 2011 | Friday @ 7.15am 4 November 2011 | Saturday @ 7am 5 November 2011 |
| Double Grip Med Balls & Sprints | REST DAY - NO SESSION | Double Grip Med Balls & Balanced Attack | REST DAY - NO SESSION | Box with Power | Kayaking BONUS SESSION Body Blast |
| Rushcutters Park North | | Rushcutters Park North | | Rushcutters Park North | Rose Bay Marina |
| Double Grip Med Balls: add two handles and it becomes a totally different (med) ball game & Sprints: Short and sweet for an awesome metabolic boost. | | 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 cardio 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 7 November 2011 | 8 November 2011 | Wednesday @ 7.15am 9 November 2011 | 10 November 2011 | Friday @ 7.15am 11 November 2011 | Saturday @ 7am 12 November 2011 |
| Barbell Weights & Sprints | REST DAY - NO SESSION | Barbell Weights & Moving Circuit | REST DAY - NO SESSION | Box with Power | Mega Session |
| Rushcutters Park North | | Rushcutters Park North | | Rushcutters Park North | Lyne Park |
| Barbell Weights: build and tone your muscles with outdoor weights training. & Sprints: Short and sweet for an awesome metabolic boost. | | 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 cardio 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!! |

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| Saturday 3rd December The most fun with your pants on! Mud Run The Mud Run is an obstacle jumping, mud crawling, hill climbing gallop around the world famous Sydney Equestrian Cross Country Course! for more info contact - rob@etwgroup.com | | | Saturday 10th December End of year party Evolution Xmas Party You've trained hard all year. So now it's time to relax, celebrate & cap off the year with a party for more info contact - rob@etwgroup.com | | |
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