



Tyson Salijevic

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Week 1: commencing 11 October

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONTE PARK	HITT HITT HITT 			HITT HITT HITT 	Circuit Combo Circuit Combo 	Body Blast Cardio Boxing Body Blast

Week 2: commencing 18 October

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONTE PARK			HITT HITT 			



High Intensity Interval
Training (HIIT)



Strength



Strength



Strength



Strength



Wall Balls



Cardio



Strength Cardio Mix



Bronte Park Parking is available adjacent to the beach in Bronte Road. We meet in the park adjacent to the beach. Our meeting spot is next to the little green garage that houses the children's train.

MAP

Sessions

NAME	DESCRIPTION
Body Blast	Blast away with high intensity body weight moves that will put the calorie burn through the roof
Cardio Boxing	Punch away any stresses with a muscle burning lung busting boxing sesh
Circuit Combo	A combo of strength and cardio stations to get you lean amongst the green
HITT	High Intensity Training

