




















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Week 4: commencing 22 January

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

	High Intensity Interval Training (HIIT)		Strength
	Strength		Strength
	Strength		Wall Balls
	Cardio		Strength Cardio Mix
	Mind-Body-Remedial		

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.

Sessions

NAME	DESCRIPTION
Barbell Strength & Conditioning	
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

