



Bondi

TIMETABLE

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Week 4: commencing 16 January

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



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
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

