
















Annie Knox
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Week 1: commencing 30 April



LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TAPLIN PARK, DRUMMOYNE	Kettlebell Strength & Conditioning  Circuit Combo 	No Pain No Gain 		Body Blast 		
TIMBRELL PARK, FIVE DOCK			Dynamic Stretch and Flow  Box with Power 			

Week 2: commencing 07 May









LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TAPLIN PARK, DRUMMOYNE	Circuit Combo 	No Pain No Gain  Barbell Strength & Conditioning 		Medicine Ball Mayhem  Body Blast 		
TIMBRELL PARK, FIVE DOCK			Box with Power  Dynamic Stretch and Flow 			










Week 3: commencing 14 May

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TAPLIN PARK, DRUMMOYNE	Circuit Combo  Medicine Ball Mayhem 	No Pain No Gain  Medicine Ball Mayhem 		Body Blast  Dumbbell Strength & Conditioning 		

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMBRELL PARK, FIVE DOCK			Dynamic Stretch and Flow  Box with Power 			

Week 4: commencing 21 May

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TAPLIN PARK, DRUMMOYNE	Circuit Combo  Dumbbell Strength & Conditioning 	No Pain No Gain  Dumbbell High Intensity 		Kettlebell Strength & Conditioning  Body Blast 		
TIMBRELL PARK, FIVE DOCK			Box with Power  Dynamic Stretch and Flow 			

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

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
Box with Power	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
Dumbbell High Intensity	
Dumbbell Strength & Conditioning	
Dynamic Stretch and Flow	Improve flexibility, core, mobility and movement
Kettlebell Strength & Conditioning	
Medicine Ball Mayhem	Build and tone your muscles using medballs for total body conditioning
No Pain No Gain	Blast away with high intensity body weight moves that will put the calorie burn through the roof

