

















**Annie Knox**  
0412239990

[annie@etwgroup.com](mailto:annie@etwgroup.com)








**Week 1: commencing 22 July**

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TAPLIN PARK, DRUMMOYNE	Kettlebell Strength & Conditioning 	HITT  Kettlebell Strength & Conditioning 	Box with Power 	Barbell Strength & Conditioning 	HITT  Barbell Strength & Conditioning 	

**Week 2: commencing 29 July**

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TAPLIN PARK, DRUMMOYNE	Barbell Strength & Conditioning 	HITT  Barbell Strength & Conditioning 	Box with Power 	Medicine Ball Mayhem 	HITT  Medicine Ball Mayhem 	

**Week 3: commencing 05 August**

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TAPLIN PARK, DRUMMOYNE	Medicine Ball Mayhem 	HITT  Medicine Ball Mayhem 	Box with Power 	Dumbbell Strength & Conditioning 	HITT  Dumbbell Strength & Conditioning 	

**Week 4: commencing 12 August**

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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TAPLIN PARK,  
DRUMMOYNE

Dumbbell  
Strength &  
Conditioning



HITT  
Dumbbell High  
Intensity



Box with Power



Kettlebell  
Strength &  
Conditioning



Kettlebell  
Strength &  
Conditioning



HITT



High Intensity Interval  
Training (HIIT)



Strength



Strength



Strength



Strength



Wall Balls



Cardio



Strength Cardio Mix



Mind-Body-Remedial

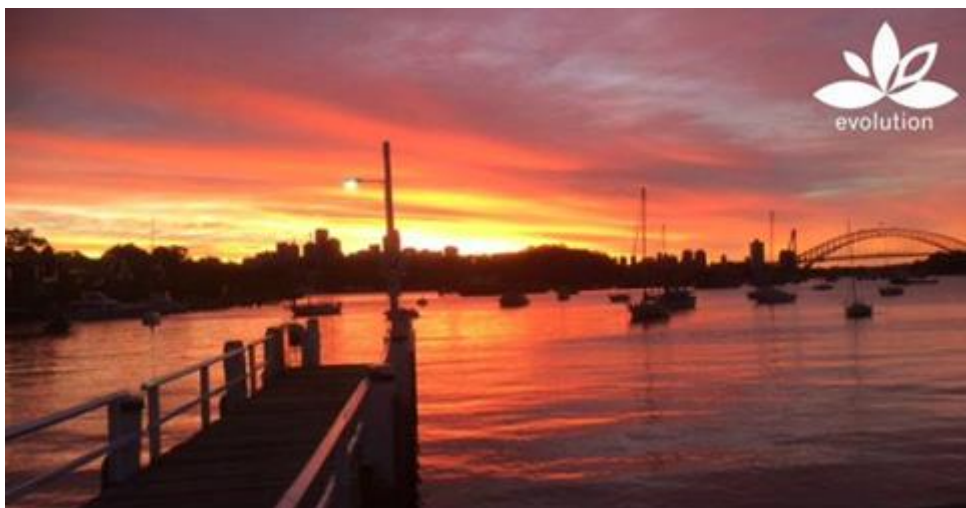
SESSIONS

**Taplin Park, Drummoyne** The meeting point for the session is Taplin Park. Head down bayswater road and into carpark. We will meet just on the edge of the football field nearest to the carpark. See you at 6, I'll be waiting to greet you!

MAP

## Sessions

NAME	DESCRIPTION
Barbell Strength & Conditioning	
Box with Power	Punch away any stresses with a muscle burning lung busting boxing sesh
Dumbbell High Intensity	
Dumbbell Strength & Conditioning	
HITT	High Intensity Training
Kettlebell Strength & Conditioning	
Medicine Ball Mayhem	Build and tone your muscles using medballs for total body conditioning



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