

URBAN GODDESS TIMETABLE JUNE - DECEMBER 2010

Term 3 2010 Timetable - Starts 5th July - Week 9 (catch up week) 30th August

monday	tuesday	wednesday	thursday	friday	saturday
	6.00am BodyFIT oak park	6.00am StretchFIT oak park	6.00am BoxFIT oak park	6.00am BeachFIT wanda	8.00am BoxFIT oak park
	9.30am BabyFIT oak park				8.00am BoxFIT oak park
6.30pm BoxFIT oak park		7.00pm BeachFIT oak park	7.00pm BodyFIT oak park		

28 Day Spring Challenge Training Schedule

<p>Pre - Week Training Assessment Meeting & Health Talk</p> <p>Thursday 16th September 7.00PM - 9.00PM</p> <p>Venue: Gunnamatta Pavillion Activities Room #2</p>	<p>Week 1 Training Monday 20th September (7 sessions - see timetable below)</p> <p>Week 2 Training Monday 27th September (7 sessions - see timetable below)</p> <p>Week 3 Training Monday 5th October (6 sessions per week - see timetable below - no training Monday 4th October)</p> <p><small>note: training sessions can be swapped around to suit your lifestyle and commitments</small></p>	<p>Pre - Week Training Assessment Meeting & Health Talk</p> <p>Thursday 14th October Venue: Gunnamatta Pavillion Activities Room #2</p>
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28 Day Spring Challenge Timetable 2010 - starts 16th September

monday	tuesday	wednesday	thursday	friday	saturday
	6.00am BoxFIT oak park		6.00am BoxFIT oak park	6.00am BoxFIT oak park	8.00am BoxFIT oak park
					7.00am BoxFIT oak park
6.30pm BoxFIT oak park		7.00pm BoxFIT oak park	7.00pm BoxFIT oak park		

Term 4 2010 Timetable - Starts 11th October - Week 9 (catch up week) 9th December

monday	tuesday	wednesday	thursday	friday	saturday
	6.00am BodyFIT oak park	6.00am StretchFIT oak park	6.00am BoxFIT oak park	6.00am BeachFIT wanda	7.00am SurfFIT wanda
	9.30am BabyFIT oak park				8.00am BoxFIT oak park
					8.00am PaddleFIT gunna
6.30pm BoxFIT oak park		7.00pm BeachFIT oak park	7.00pm BodyFIT oak park		8.30am/10.00am KayakFIT gunnamatta

***NEW**
CrossFIT
8 sessions
2 KayakFIT/2 SurfFIT
2 PaddleFIT/2 BeachFIT

*CrossFIT session \$220.00 mix up your training throughout the term