

3-Week Summer Challenge Training Schedule

Pre - Week Training Assessment Meeting & Health Talk

Thursday 7th January
7.00PM - 9.00PM

Venue:
Gunnamatta Pavillion
Activities Room #2

Week 1 Training

Monday 11th January
(7 sessions - see timetabel below)

Week 2 Training

Monday 18th January
(7 sessions - see timetabel below)

Week 3 Training

Monday 25th January
(6 sessions per week - see timetabel below
- no training Tuesday 26th Aust. day)

*note: training sessions can be swapped
around to suit your lifestyle and committments*

Pre - Week Training Assessment Meeting & Health Talk

Thursday 4th February
7.00PM - 9.00PM

Venue:
Gunnamatta Pavillion
Activities Room #2

3-Week Summer Challenge Timetable 2010

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

Term 1 2010 Timetable

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
6.30pm BoxFIT oak park		7.00pm BeachFIT oak park	7.00pm BodyFIT oak park		8.30am/10.00am KayakFIT wanda

8-Week Term Dates 2010

Term 1	Term 2	Term 3	Term 4
WEEK 1 2nd February	WEEK 1 19th April	WEEK 1 5th July	WEEK 1 11th October
WEEK 8 22nd March	WEEK 8 7th June	WEEK 8 23rd August	WEEK 8 29th November
Bonus - Catch Up Week 29th March*	Bonus - Catch Up Week 14th June	Bonus - Catch Up Week 30th August	Bonus - Catch Up Week 9th December*
<small>*excludes KayakFIT & SurfFIT</small>			<small>*excludes PaddleFIT & SurfFIT</small>