



2018 SCHEDULE

GROUP TRAINING SCHEDULE

MON

FOUNDATIONS	5:15 AM
FOUNDATIONS	9:15AM
GROUP TRAINING	6PM
GROUP TRAINING	7PM

TUES

S&C	5:15 AM
S&C	6:15 AM
MUMS	10:15AM
SURFER STRENGTH GROMS	5:30PM
SURFER STRENGTH ADULTS	6:30PM

WED

STRENGTH	5:15 AM
STRENGTH	9:15AM
GROUP TRAINING	6:00PM
GROUP TRAINING	7:00PM

THURS

S&C	5:15 AM
S&C	6:15 AM
S&C	9:15AM
STRENGTH & CONDITIONING	6:00PM
BOOTY CLUB	6:00PM
SURFER STRENGTH ADULTS	7:00PM

FRI

CONDITIONING	5:15 AM
CONDITIONING	9:15AM
MUMS	10:30AM

SAT

GROUP TRAINING	7:00 AM
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2018 SCHEDULE

TRAINING SESSION DESCRIPTION

FOUNDATIONS:

Building foundations of strength, ensuring we remain injury free and ready to take on high intensity training.

S&C:

A combination of strength and conditioning work designed to improve human physical performance.

CONDITIONING:

High intensity workouts aiming to dramatically improve fitness levels.

GROUP TRAINING:

Fat loss focused workouts concentrating on movement, strength and fitness.

SURFER STRENGTH:

A specific program for surfers to improve the physical component of surfing.

MUMS:

A place for Mum's and bubs to train for high performance.