



# 2018 SCHEDULE

## GROUP TRAINING SCHEDULE

<b>MON</b>	FOUNDATIONS	5:15 AM
	FOUNDATIONS	9:15AM
	YOUTH STRENGTH	4PM
	GROUP TRAINING	6PM
	GROUP TRAINING	7PM

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<b>TUES</b>	S&C	5:15 AM
	S&C	6:15 AM
	MUMS	10:15AM
	BODY WEIGHT ONLY	5:30PM
	SURFER STRENGTH ADULTS	6:30PM

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<b>WED</b>	STRENGTH	5:15 AM
	STRENGTH	9:15AM
	YOUTH STRENGTH	4PM
	GROUP TRAINING	6:00PM
	GROUP TRAINING	7:00PM

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<b>THURS</b>	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

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<b>FRI</b>	CONDITIONING	5:15 AM
	CONDITIONING	9:15AM
	MUMS	10:30AM
	CONDITIONING	6:00PM

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<b>SAT</b>	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.