

Week 1 9/25/2017 Notes	Mon 25/09	Tue 26/09	Wed 27/09	Thu 28/09	Fri 29/09	Sat 30/09	Sun 01/10
	Gold Squad only @Pymble with Amanda						
	Gold 6:00-6:30am Activation 6:30-9:00am Swim	Gold 6:00-6:30am Activation 6:30-9:30am Swim	Gold 6:00-6:30am Activation 6:30-9:00am Swim	Gold 6:00-6:30am Activation 6:30-9:30am Swim			
	Gold Gym with Adam@ABB 10:00-11:30am		Gold Gym with Adam@ABB 10:00-11:30am				
Week 2 10/2/2017 Notes	Mon 02/10	Tue 03/10	Wed 04/10	Thu 05/10	Fri 06/10	Sat 07/10	Sun 08/10
Gold sessions only@Pymble with Leon							
Black and White @ Knox with Leon							
Labour Day	Gold 6:00-6:30am Activation 6:30-8:30am Swim	Gold 6:00-6:30am Activation 6:30-8:30am Swim	Gold 6:00-6:30am Activation 6:30-8:30am Swim	Gold 6:00-6:30am Activation 6:30-8:30am Swim	Gold 6:00-6:30am Activation 6:30-8:30am Swim	Gold 6:00-6:30am Activation 6:30-8:30am Swim	
	Black and White 9:15-9:30am Activation 9:30-11:00am Swim	Black and White 9:15-9:30am Activation 9:30-11:00am Swim	Black and White 9:15-9:30am Activation 9:30-11:00am Swim	Black and White 9:15-9:30am Activation 9:30-11:00am Swim	Black and White 9:15-9:30am Activation 9:30-11:00am Swim		
	Black and White @ABB with Adam 11:30am-12:30pm	Gold Gym with Adam@ABB 9:30-11:00am	Black and White @ABB with Adam 11:30am-12:30pm	Gold Gym with Adam@ABB 9:30-11:00am			

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.