



**‘WOMEN ONLY WEDNESDAY NIGHT’
12 WEEK TRAINING SCHEDULE**

WEEK	DATE	LOCATION
1	30 th June	Carine
2	7 th July	Carine - Boxing
3	14 th July	Scarborough Beach
4	21 st July	Carine – Winter Challenge (Wk 6)
5	28 th July	Carine - Boxing
6	4 th August	Scarborough Beach
7	11 th August	Carine
8	18 th August	Carine - Boxing
9	25 th August	Scarborough Beach
10	1 st September	Carine – Winter Challenge ends (Wk 12)
11	8 th September	Carine - Boxing
12	15 th September	Jacobs Ladder

Start time: 7pm sharp – please ensure you start on time as we can move away from the meeting point rather quickly.

What to bring: Water bottle, towel & a sense of humour 😊

Meeting Locations:

- **Carine Open Space** – Carpark on Okely Road before Beach Road intersection.
- **Jacob’s Ladder** – Red post box near roundabout corner of Cliff St and Mount St.
- **Scarborough Beach** – Amphitheatre (undercover area) at end of Scarborough Beach Road.

Contact Justine – 0438 195 258