

<b>FRIDAY</b> 24TH MARCH				<b>ARRIVAL</b> 3PM ONWARDS			<b>INTO THE CORE</b> 5PM	
<b>SATURDAY</b> 25TH MARCH	<b>2K, 5K OR 10K</b> <b>WALK / RUN</b> 7 - 8AM	<b>STRETCH, FLOW</b> <b>AND GO</b> 8.30AM	<b>BOOTCAMP</b> 10.30AM	<b>PILATES</b> 12PM	<b>BARRACKS</b> 2PM	<b>AEROBICS / STEP</b> 3PM	<b>KETTLEBELLS</b> 4.45PM	<b>STRETCH AND</b> <b>RELAX</b> 6PM
<b>SUNDAY</b> 26TH MARCH	<b>2K, 5K OR 10K</b> <b>WALK / RUN</b> 8AM	<b>STRETCH, FLOW</b> <b>AND GO</b> 9AM	<b>HIIT</b> 10.30AM	<b>LBT</b> 11.15PM	<b>PILATES</b> 12PM	<b>TRADITIONAL</b> <b>CIRCUIT</b> 2PM	<b>KETTLEBELL</b> 3.15PM	<b>GOODBYE</b> <b>STRETCH</b> 4.15PM

Disclaimer: All exercises are to be done at your own risk and you are responsible for working to your own ability. Nick is to be made aware of any injuries, illnesses and so on. Enjoy your weekend.

