

# Group Training Timetable



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Centennial Park		Centennial Park		Centennial Park
7:15am	Domain				Domain
9:30am					
5:15pm	Domain				
5:30pm					
6:30pm			ES Marks Track (run only)*		

\* \$4.50 surcharge for track entry

We will send you maps with our meeting points when you register to get started.

Make sure you come to every session with comfortable training clothes, quality sports shoes, plenty of water and a great attitude. See you there!



1300 65 25 66

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