Jan2020

| Sun | mon | tue | wed | thu | fri | sat |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | 01 | 02 | 03 | 04 |
|  |  |  | Own session |  |  | Own session |
| 05 | 06 | 07 | 08 | 09 | 10 | 11 |
|  | Own session |  | TRAININGNatone Hill6pm – 7pm |  |  | Own session |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | TRAININGLower Sandy Bay 6pm – 7pm |  | Own session |  |  | TRAININGSquash Bellerive8am – 9am |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | TRAININGRisdon Brook6pm – 7:30pm |  | TRAININGCornelian Bay6pm – 7pm |  |  | **Australia Day**Own training |
| 26 | 27 | 28 | 29 | 30 | 31 |  |
|  | TRAININGBellerive Beach6pm – 7pm |  | TRAININGMt Nelson Steps 6pm – 7pm |  |  |  |
| Notes |  |  |  |  |  |  |
| Own cardio sessions must be completed prior to the pre-season calendar starting. We encourage you to post your workouts on Facebook to keep everyone up to date and to encourage others to get active.  |  | **\*\*\*\*\* It is likely that the Saturday turf sessions will be as set out in the calendar, but we will confirm once we know.** |