

BOF

BAYSIDE OUTDOOR FITNESS

Monday	ZOOM 7:00am HIIT			Balcombe Pk 6:30pm Cardio
Tuesday	Balcombe Pk 6:00am Cardio		Balcombe Pk 9:15am Cardio	Balcombe Pk 6:30PM HIIT
Wednesday				ZOOM 6:00pm HIIT 6:30pm CORE
Thursday	Balcombe Pk 6:00am Toning		Balcombe Pk 9:15am Toning	Balcombe Pk 6:30pm Cardio
Friday	Balcombe Pk 6:00am Cardio		Balcombe Pk 9:15am HIIT	12:00pm ZOOM STRETCH
Saturday	Illaroo Res 7:00am HIIT		Illaroo Res 8:00am Cardio	