

	TUESDAY	TUESDAY	TUESDAY	WEDNESDAY	THURSDAY
Week Commencing	RUNSTRONG Lite (With Kat Via ZOOM)	MRG	MRG	RS CONCEPT	MTG HUNTER
Date - Week	6:00 AM	5:45 AM	5:30 PM	5:45 PM	5:30 PM
Week starting 9th Jan	Zoom - Online	Increasing Long hills - EMPIRE PARK	No session	The Concept	Sand Dunes - Redhead
Week starting 16th Jan	Zoom - Online	No session	1KM FARTLEK efforts - Feighan Oval Warners Bay	The Conceot	Long Hills - Archery road Wakefield
	1 Session \$30				
	2 Sessions \$55				
	3 Sessions \$75				