



**‘WOMEN ONLY WEDNESDAY NIGHT’
12 WEEK TRAINING SCHEDULE**

WEEK	DATE	LOCATION
1	12 th January	Carine
2	19 th January	Carine - Boxing
26th January - Australia Day (Public holiday) No training		
3	2 nd February	Jacobs Ladder
4	9 th February	Carine
5	16 th February	Carine - Boxing
6	23 rd February	Jacobs Ladder
7	2 nd March	Carine
8	9 th March	Carine - Boxing
9	16 th March	Jacobs Ladder
10	23 rd March	Carine
11	30 th March	Carine - Boxing
12	6 th April	Jacobs Ladder

Start time: 7pm sharp – please ensure you start on time as we can move away from the meeting point rather quickly.

What to bring: Water bottle, towel & a sense of humour ☺

Meeting Locations:

- **Carine Open Space** – Carpark on Okely Road before Beach Road intersection.
- **Jacob’s Ladder** – Red post box near roundabout corner of Cliff St and Mount St.