

WEEKLY SCHEDULE**NAME: EMF - Elite Military Fitness****LOCATION: Broadbeach****START: 29-Feb-16****REVIEW: 31-Mar-16****DRESS IS: TRAINING ATTIRE, TOWEL, SHOES AND WATERBOTTLE (Towel is a good option when down on the beach)****WEEK ONE 29 Feb 16**

DAY	MON	TUE	WED	THU	FRI	SAT
MORNING SESSION	Conditioning Circuit	Beginner Class	Beach Training	Boxing Class	Strength Circuit	
TIMINGS	0530 h	0530 h	0530 h	0530 h	0530 h	
LOCATION	Broadbeach	Broadbeach	Broadbeach	Broadbeach	Broadbeach	
AFTERNOON SESSION	Conditioning Circuit	Beginner Class	Beach Training	Boxing Class		
TIMINGS	1730 h	1730 h	1730 h	1730 h		
LOCATION	Broadbeach	Broadbeach	Broadbeach	Broadbeach		

WEEK TWO 7 Mar 16

DAY	MON	TUE	WED	THU	FRI	SAT
MORNING SESSION	Tabata Class	Beginner Class	Beach Training	Boxing Class	HIIT Training	Core Conditioning
TIMINGS	0530 h	0530 h	0530 h	0530 h	0530 h	0600 h
LOCATION	Broadbeach	Broadbeach	Broadbeach	Broadbeach	Broadbeach	Broadbeach
AFTERNOON SESSION	Tabata Class	Beginner Class	Beach Training	Boxing Class		
TIMINGS	1730 h	1730 h	1730 h	1730 h		
LOCATION	Broadbeach	Broadbeach	Broadbeach	Broadbeach		

WEEK THREE 14 Mar 16

DAY	MON	TUE	WED	THU	FRI	SAT
MORNING SESSION	Plyometric Circuit	Beginner Class	Beach Training	Core Conditioning	Strength Circuit	
TIMINGS	0530 h	0530 h	0530 h	0530 h	0530 h	
LOCATION	Broadbeach	Broadbeach	Broadbeach	Broadbeach	Broadbeach	
AFTERNOON SESSION	Plyometric Circuit	Beginner Class	Beach Training	Core Conditioning		
TIMINGS	1730 h	1730 h	1730 h	1730 h		
LOCATION	Broadbeach	Broadbeach	Broadbeach	Broadbeach		

WEEK FOUR 21 Mar 16

DAY	MON	TUE	WED	THU	FRI	SAT
MORNING SESSION	Partner 100 Club	Beginner Class	Run Swim Run	Lower Body Endurance Circuit	Easter Long Weekend	Easter Long Weekend
TIMINGS	0530 h	0530 h	0530 h	0530 h		
LOCATION	Broadbeach	Broadbeach	Broadbeach	Broadbeach		
AFTERNOON SESSION	Partner 100 Club	Beginner Class	Run Swim Run	Lower Body Endurance Circuit		
TIMINGS	1730 h	1730 h	1730 h	1730 h		
LOCATION	Broadbeach	Broadbeach	Broadbeach	Broadbeach		

WEEK FIVE 28 Mar 16

DAY	MON	TUE	WED	THU	FRI	SAT
MORNING SESSION	Easter Long Weekend	Beginner Class	Body Weight Training	Beach Training	Run/Stretch	Core Conditioning
TIMINGS		0530 h	0530 h	0530 h	0530 h	0600 h
LOCATION		Broadbeach	Broadbeach	Broadbeach	Broadbeach	Broadbeach
AFTERNOON SESSION		Beginner Class	Body Weight Training	Beach Training		
TIMINGS		1730 h	1730 h	1730 h		
LOCATION		Broadbeach	Broadbeach	Broadbeach		

WEEK SIX 04 Apr 16

DAY	MON	TUE	WED	THU	FRI	SAT
MORNING SESSION	Run with Exercises	Beginner Class	Beach Lower Body Endurance Training	Boxing Class	Beach Partner circuit	
TIMINGS	0530 h	0530 h	0530 h	0530 h	0530 h	
LOCATION	Broadbeach	Broadbeach	Broadbeach	Broadbeach	Broadbeach	
AFTERNOON SESSION	Run with Exercises	Beginner Class	Beach Lower Body Endurance Training	Boxing Class		
TIMINGS	1730 h	1730 h	1730 h	1730 h		
LOCATION	Broadbeach	Broadbeach	Broadbeach	Broadbeach		