

WANDA WINTER TRAINING PROGRAM 2017

May / June / July / August

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						Sandhills Green Hills Car Park 7.00am	
PM	Ski Wanda 4.00pm	Run Session TBA 4.30pm	Gym Session Wanda 4.30pm	Run Session TBA 4.30pm		Ski Grays Point 1.00pm	
	Gym Session Wanda 5.30pm		Boxercise Wanda 6.15pm				

NOTE

Gym Sessions - 2 per week - Can be done any time. Times listed are when I'm attended for Non Gym Members to do Club sessions

NON CLUB SESSIONS

Swim Sessions - Minimum 2 per week - (Hopefully 3)

Jim Walker Ski Sessions - Mondays, Tuesdays & Thursdays at the Cooks River @ 5.15am

Star Academy (Nathan Smith) Board Sessions - Technique Sessions for Under 14's & 15's. Days & Times to be confirmed

Pilates Sessions - Bree Jones takes these classes. Monday mornings @ 6.00am and Wednesday evenings @ 7.00pm at Wanda