

## Breaking Point - Session Timetable (13th Feb 2012 - 13th May 2012)

Week 1		
Monday 13th Feb	BOOT CAMP (Fitness Assessments)	Morning 5:45AM - Lake Eden (F.A)
	BOOT CAMP (Fitness Assessments)	Evening 6:15PM - Lake Eden (F.A)
Tuesday 14th Feb	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Wednesday 15th Feb	BOOT CAMP (CARDIO Fitness Assessment)	Morning 5:45AM - Lake Eden
	KICKBOXING - CARDIO AND POWER	Evening 6:30PM - MHSS Sports Hall
Thursday 16th Feb	BOOT CAMP	Morning 5:45AM - Suttons Beach
	BOOT CAMP	Evening 6:15PM - Suttons Beach
Friday 17th Feb	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	KICKBOXING - THUMP BLAST CLASS	Evening 6:00PM - MHSS Sports Hall
Sat 18th Feb	ADVANCED KICKBOXING	Morning 7AM - MHSS Sports Hall

Week 2		
Monday 20th Feb	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Tuesday 21st Feb	BOOT CAMP	Morning 5:45AM - Town Common
	BOOT CAMP	Evening 6:15PM - Town Common
Wednesday 22nd Feb	BOOT CAMP (CARDIO)	Morning 5:45AM - Lake Eden
	KICKBOXING - CARDIO AND POWER	Evening 6:30PM - MHSS Sports Hall
Thursday 23rd Feb	BOOT CAMP	Morning 5:45AM - State School
	BOOT CAMP AND/OR GAMES NIGHT	Evening 6:15PM - State School
Friday 24th Feb	BOOT CAMP	Morning 5:45AM - Town Common
	KICKBOXING - THUMP BLAST CLASS	Evening 6:00PM - MHSS Sports Hall
Sat 25th Feb	ADVANCED KICKBOXING	Morning 7AM - MHSS Sports Hall

Week 3		
Monday 27th Feb	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Tuesday 28th Feb	BOOT CAMP	Morning 5:45AM - Town Common
	BOOT CAMP	Evening 6:15PM - Town Common
Wednesday 29th Feb	BOOT CAMP (CARDIO)	Morning 5:45AM - Lake Eden
	KICKBOXING - CARDIO AND POWER	Evening 6:30PM - MHSS Sports Hall
Thursday 1st Mar	BOOT CAMP	Morning 5:45AM - State School
	BOOT CAMP	Evening 6:15PM - State School
Friday 2nd Mar	BOOT CAMP	Morning 5:45AM - State School
	KICKBOXING - THUMP BLAST CLASS	Evening 6:00PM - MHSS Sports Hall
Sat 3rd Mar	ADVANCED KICKBOXING	Morning 7AM - MHSS Sports Hall

Week 4		
Monday 5th Mar	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Tuesday 6th Mar	BOOT CAMP	Morning 5:45AM - Town Common
	BOOT CAMP	Evening 6:15PM - Town Common
Wednesday 7th Mar	BOOT CAMP (CARDIO)	Morning 5:45AM - Lake Eden
	KICKBOXING - CARDIO AND POWER	Evening 6:30PM - MHSS Sports Hall
Thursday 8th Mar	BOOT CAMP	Morning 5:45AM - State School
	BOOT CAMP AND/OR GAMES NIGHT	Evening 6:15PM - State School
Friday 9th Mar	BOOT CAMP	Morning 5:45AM - State School
	KICKBOXING - THUMP BLAST CLASS	Evening 6:00PM - MHSS Sports Hall
Sat 10th Mar	ADVANCED KICKBOXING	Morning 7AM - MHSS Sports Hall

Week 5		
Monday 12th Mar	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Tuesday 13th Mar	BOOT CAMP	Morning 5:45AM - Lake Eden
	BOOT CAMP	Evening 6:15PM - Lake Eden
Wednesday 14th Mar	BOOT CAMP (CARDIO)	Morning 5:45AM - Lake Eden
	KICKBOXING - CARDIO AND POWER	Evening 6:30PM - MHSS Sports Hall
Thursday 15th Mar	BOOT CAMP	Morning 5:45AM - State School
	BOOT CAMP	Evening 6:15PM - State School
Friday 16th Mar	BOOT CAMP	Morning 5:45AM - Town Common
	KICKBOXING - THUMP BLAST CLASS	Evening 6:00PM - MHSS Sports Hall
Sat 17th Mar	ADVANCED KICKBOXING	Morning 7AM - MHSS Sports Hall

Week 6		
Monday 19th Mar	BOOT CAMP	Morning 5:45AM - Town Common
	BOOT CAMP	Evening 6:15PM - Town Common
Tuesday 20th Mar	BOOT CAMP	Morning 5:45AM - Suttons Beach
	BOOT CAMP	Evening 6:15PM - Suttons Beach
Wednesday 21st Mar	BOOT CAMP (CARDIO)	Morning 5:45AM - Lake Eden
	KICKBOXING - CARDIO AND POWER	Evening 6:30PM - MHSS Sports Hall
Thursday 22nd Mar	BOOT CAMP	Morning 5:45AM - State School
	BOOT CAMP AND/OR GAMES NIGHT	Evening 6:15PM - State School
Friday 23rd Mar	BOOT CAMP	Morning 5:45AM - State School
	KICKBOXING - THUMP BLAST CLASS	Evening 6:00PM - MHSS Sports Hall
Sat 24th Mar	ADVANCED KICKBOXING	Morning 7AM - MHSS Sports Hall

Week 7		
Monday 26th Mar	BOOT CAMP (Fitness Assessments)	Morning 5:45AM - Lake Eden (F.A)
	BOOT CAMP (Fitness Assessments)	Evening 6:15PM - Lake Eden (F.A)
Tuesday 27th Mar	BOOT CAMP	Morning 5:45AM - Town Common
	BOOT CAMP	Evening 6:15PM - Town Common
Wednesday 28th Mar	BOOT CAMP (CARDIO)	Morning 5:45AM - Lake Eden
	KICKBOXING - CARDIO AND POWER	Evening 6:30PM - MHSS Sports Hall
Thursday 29th Mar	BOOT CAMP	Morning 5:45AM - Lake Eden
	BOOT CAMP	Evening 6:15PM - Lake Eden
Friday 30th Mar	BOOT CAMP	Morning 5:45AM - Lake Eden
	KICKBOXING - THUMP BLAST CLASS	Evening 6:00PM - MHSS Sports Hall
Sat 31st Mar	ADVANCED KICKBOXING	Morning 7AM - MHSS Sports Hall

Week 8		
Monday 2nd Apr	BOOT CAMP	Morning 5:45AM - Town Common
	BOOT CAMP	Evening 6:15PM - Town Common
Tuesday 3rd Apr	BOOT CAMP	Morning 5:45AM - Lake Eden
	BOOT CAMP	Evening 6:15PM - Lake Eden
Wednesday 4th Apr	BOOT CAMP (CARDIO)	Morning 5:45AM - Lake Eden
	KICKBOXING - CARDIO AND POWER	Evening 6:30PM - MHSS Sports Hall
Thursday 5th Apr	BOOT CAMP	Morning 5:45AM - State School
	BOOT CAMP AND/OR GAMES NIGHT	Evening 6:15PM - State School
Friday 6th Apr	NO SESSIONS TODAY	GOOD FRIDAY
	NO SESSIONS TODAY	GOOD FRIDAY
Sat 7th Apr	NO SESSIONS TODAY	EASTER SATURDAY

Week 9		
Monday 9th Apr	BOOT CAMP	Morning 5:45AM - Suttons Beach
	BOOT CAMP	Evening 6:15PM - Suttons Beach
Tuesday 10th Apr	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Wednesday 11th Apr	BOOT CAMP (CARDIO)	Morning 5:45AM - Lake Eden
	KICKBOXING - CARDIO AND POWER	Evening 6:30PM - MHSS Sports Hall
Thursday 12th Apr	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Friday 13th Apr	BOOT CAMP	Morning 5:45AM - Lake Eden
	KICKBOXING - THUMP BLAST CLASS	Evening 6:00PM - MHSS Sports Hall
Sat 14th Apr	ADVANCED KICKBOXING	Morning 7AM - MHSS Sports Hall

Week 10		
Monday 16th Apr	BOOT CAMP	Morning 5:45AM - Town Common
	BOOT CAMP	Evening 6:15PM - Town Common
Tuesday 17th Apr	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Wednesday 18th Apr	BOOT CAMP (CARDIO)	Morning 5:45AM - Lake Eden
	KICKBOXING - CARDIO AND POWER	Evening 6:30PM - MHSS Sports Hall
Thursday 19th Apr	BOOT CAMP	Morning 5:45AM - State School
	BOOT CAMP AND/OR GAMES NIGHT	Evening 6:15PM - State School
Friday 20th Apr	BOOT CAMP	Morning 5:45AM - Town Common
	KICKBOXING - THUMP BLAST CLASS	Evening 6:00PM - MHSS Sports Hall
Sat 21st Apr	ADVANCED KICKBOXING	Morning 7AM - MHSS Sports Hall

Week 11		
Monday 23rd Apr	BOOT CAMP	Morning 5:45AM - Lake Eden
	BOOT CAMP	Evening 6:15PM - Lake Eden
Tuesday 24th Apr	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Wednesday 25th Apr	NO SESSIONS TODAY	ANZAC DAY
	NO SESSIONS TODAY	ANZAC DAY
Thursday 26th Apr	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Friday 27th Apr	BOOT CAMP	Morning 5:45AM - State School
	KICKBOXING - THUMP BLAST CLASS	Evening 6:00PM - MHSS Sports Hall
Sat 28th Apr	ADVANCED KICKBOXING	Morning 7AM - MHSS Sports Hall

Week 12		
Monday 30th Apr	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Tuesday 1st May	BOOT CAMP	Morning 5:45AM - Lake Eden
	BOOT CAMP	Evening 6:15PM - Lake Eden
Wednesday 2nd May	BOOT CAMP (CARDIO)	Morning 5:45AM - Lake Eden
	KICKBOXING - CARDIO AND POWER	Evening 6:30PM - MHSS Sports Hall
Thursday 3rd May	BOOT CAMP	Morning 5:45AM - State School
	BOOT CAMP AND/OR GAMES NIGHT	Evening 6:15PM - State School
Friday 4th May	BOOT CAMP	Morning 5:45AM - Lake Eden
	KICKBOXING - THUMP BLAST CLASS	Evening 6:00PM - MHSS Sports Hall
Sat 5th May	ADVANCED KICKBOXING	Morning 7AM - MHSS Sports Hall

Week 13		
Monday 7th May	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Tuesday 8th May	BOOT CAMP	Morning 5:45AM - Town Common
	BOOT CAMP	Evening 6:15PM - Town Common
Wednesday 9th May	BOOT CAMP (CARDIO)	Morning 5:45AM - Lake Eden
	KICKBOXING - CARDIO AND POWER	Evening 6:30PM - MHSS Sports Hall
Thursday 10th May	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	BOOT CAMP	Evening 6:15PM - Aurora Blvd Park
Friday 11th May	BOOT CAMP	Morning 5:45AM - Aurora Blvd Park
	KICKBOXING - THUMP BLAST CLASS	Evening 6:00PM - MHSS Sports Hall
Sat 12th May	ADVANCED KICKBOXING	Morning 7AM - MHSS Sports Hall

Location Addresses	
<b>Lake Eden</b>	Cnr Discovery Drive and Memorial Drive, North Lakes
<b>Town Common</b>	Little Burke Street, North Lakes (turn right off North Lakes Drive)
<b>State School Morning Sessions</b>	Football Fields - Innovation Place, North Lakes (turn right off Memorial Drive)
<b>State School Night Sessions</b>	North lakes State College - Joyner Circuit entrance (turn right off Discovery Drive)
<b>Aurora Blvd Park</b>	Aurora Blvd, North Lakes (off Bounty Blvd - turn at the traffic lights in front of the school)
<b>Kickboxing (All Classes)</b>	Mango Hill State School Sports Hall - Bonnet Parade, Mango Hill (Down Kinsellas Rd East, right into Mango Hill Blvd, left into Bonnet Pde)
<b>Suttons Beach</b>	Use main Suttons Beach Gate entrance off Marine Parade, Redcliffe



**HELL'S PLAYGROUND**  
CAN YOU MAKE IT THROUGH HELL AND BACK?



Download this timetable anytime, or save it in your 'bookmarks' by visiting [www.breakingpoint.com.au](http://www.breakingpoint.com.au) and looking under the 'Membership Point' Heading on the front page.

\* **NOTE:** The Hell's Playground sessions cost \$10 per session for members (\$15 non members) and are held approx every 4-6 weeks. Members will be emailed prior to these sessions for bookings. The Boot Camp and Kickboxing sessions are all included at no extra charge in your Ultimate Training Package memberships.