

Breaking Point - Session Timetable (16th August - 14th November 2010)

NORTH LAKES

Week 1

Monday 16th August	BOOT CAMP	Morning 5:45AM - Town Park (F.A)
	BOOT CAMP	Evening 6:15PM - Town Park (FA)
Tuesday 17th August	BOOT CAMP	Morning 5:45AM - Town Park
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - Town Park
Wednesday 18th August	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP	Evening 6:15PM - State School
Friday 20th August	BOOT CAMP	Morning 5:45AM - Strathpine
	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 21st August	* GATEWAY TO HELL (\$15 session)	Afternoon 2:30PM - Town Park
	* HELLS PLAYGROUND (\$15 session)	Afternoon 4PM - Town Park

Week 2

Monday 23rd August	BOOT CAMP	Morning 5:45AM - Town Common
	BOOT CAMP	Evening 6:15PM - Town Common
Tuesday 24th August	BOOT CAMP	Morning 5:45AM - Woodside
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - Woodside
Wednesday 25th August	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP AND/OR GAMES NIGHT	Evening 6:15PM - State School
	BOOT CAMP	Morning 5:45AM - Town Park
Friday 27th August	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 28th August		

Week 3

Monday 30th August	BOOT CAMP	Morning 5:45AM - Town Park
	BOOT CAMP	Evening 6:15PM - Town Park
Tuesday 31st August	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - State School
Wednesday 1st September	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - Town Common
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP	Evening 6:15PM - Town Common
Friday 3rd September	BOOT CAMP	Morning 5:45AM - Town Park
	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 4th September	* GATEWAY TO HELL (\$15 session)	Afternoon 2:30PM - Town Park
	* HELLS PLAYGROUND (\$15 session)	Afternoon 4PM - Town Park

Week 4

Monday 6th September	BOOT CAMP	Morning 5:45AM - Town Park
	BOOT CAMP	Evening 6:15PM - Town Park
Tuesday 7th September	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - State School
Wednesday 8th September	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - Woodside
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP AND/OR GAMES NIGHT	Evening 6:15PM - Woodside
	BOOT CAMP	Morning 5:45AM - State School
Friday 10th September	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 11th September		

Week 5

Monday 13th September	BOOT CAMP	Morning 5:45AM - Town Park
	BOOT CAMP	Evening 6:15PM - Town Park
Tuesday 14th September	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - State School
Wednesday 15th September	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - Town Common
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP	Evening 6:15PM - Town Common
Friday 17th September	BOOT CAMP	Morning 5:45AM - Town Park
	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 18th September	* GATEWAY TO HELL (\$15 session)	Afternoon 2:30PM - Town Park
	* HELLS PLAYGROUND (\$15 session)	Afternoon 4PM - Town Park

Week 6

Monday 20th September	BOOT CAMP	Morning 5:45AM - State School
	BOOT CAMP	Evening 6:15PM - State School
Tuesday 21st September	BOOT CAMP	Morning 5:45AM - Town Park
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - Town Park
Wednesday 22nd September	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP AND/OR GAMES NIGHT	Evening 6:15PM - State School
	BOOT CAMP	Morning 5:45AM - Town Park
Friday 24th September	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 25th September		

Week 7

Monday 27th September	BOOT CAMP	Morning 5:45AM - State School
	BOOT CAMP	Evening 6:15PM - State School
Tuesday 28th September	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - State School
Wednesday 29th September	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - Town Park
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP	Evening 6:15PM - Town Park
Friday 1st October	BOOT CAMP	Morning 5:45AM - Town Park
	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 2nd October	* GATEWAY TO HELL (\$15 session)	Afternoon 2:30PM - Town Park
	* HELLS PLAYGROUND (\$15 session)	Afternoon 4PM - Town Park

Week 8

Monday 4th October	BOOT CAMP	Morning 5:45AM - Town Common
	BOOT CAMP	Evening 6:15PM - Town Common
Tuesday 5th October	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - State School
Wednesday 6th October	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - Suttons Beach
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP AND/OR GAMES NIGHT	Evening 6:15PM - Suttons Beach
	BOOT CAMP	Morning 5:45AM - Woodside
Friday 8th October	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 9th October		

Week 9

Monday 11th October	BOOT CAMP	Morning 5:45AM - Woodside
	BOOT CAMP	Evening 6:15PM - Woodside
Tuesday 12th October	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - State School
Wednesday 13th October	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - Strathpine
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP	Evening 6:15PM - Strathpine
Friday 15th October	BOOT CAMP	Morning 5:45AM - Town Park
	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 16th October	* GATEWAY TO HELL (\$15 session)	Afternoon 2:30PM - Town Park
	* HELLS PLAYGROUND (\$15 session)	Afternoon 4PM - Town Park

Week 10

Monday 18th October	BOOT CAMP	Morning 5:45AM - State School
	BOOT CAMP	Evening 6:15PM - State School
Tuesday 19th October	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - State School
Wednesday 20th October	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - Woodside
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP AND/OR GAMES NIGHT	Evening 6:15PM - Woodside
	BOOT CAMP	Morning 5:45AM - Woodside
Friday 22nd October	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 23rd October		

Week 11

Monday 25th October	BOOT CAMP	Morning 5:45AM - Town Park
	BOOT CAMP	Evening 6:15PM - Town Park
Tuesday 26th October	BOOT CAMP	Morning 5:45AM - Town Park
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - Town Park
Wednesday 27th October	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP	Evening 6:15PM - State School
Friday 29th October	BOOT CAMP	Morning 5:45AM - Town Park
	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 30th October	* GATEWAY TO HELL (\$15 session)	Afternoon 2:30PM - Town Park
	* HELLS PLAYGROUND (\$15 session)	Afternoon 4PM - Town Park

Week 12

Monday 1st November	BOOT CAMP	Morning 5:45AM - Town Park
	BOOT CAMP	Evening 6:15PM - Town Park
Tuesday 2nd November	BOOT CAMP	Morning 5:45AM - Woodside
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - Woodside
Wednesday 3rd November	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP AND/OR GAMES NIGHT	Evening 6:15PM - Suttons Beach
	BOOT CAMP	Morning 5:45AM - Suttons Beach
Friday 5th November	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 6th November		

Week 13

Monday 8th November	BOOT CAMP	Morning 5:45AM - Town Park
	BOOT CAMP	Evening 6:15PM - Town Park
Tuesday 9th November	BOOT CAMP	Morning 5:45AM - State School
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Frog Park
	BOOT CAMP	Evening 6:15PM - State School
Wednesday 10th November	RUNNING CLUB	Morning 5:45AM - Town Park
	KICKBOXING	Evening 6:30PM - Tennis Courts
	BOOT CAMP	Morning 5:45AM - Woodside
	* WOMEN'S ONLY (\$10 session)	Morning 9:30am - Woodside
	KIDS FITNESS (ages 4-10 years)	Afternoon 3:30PM - State School
	BOOT CAMP	Evening 6:15PM - Woodside
Friday 12th November	BOOT CAMP	Morning 5:45AM - Town Park
	SWIMMING CLUB (entry fee only)	Afternoon 4PM - Pathways Pool
	ADV KICKBOXING	Morning 7AM - PTC Clontarf
Saturday 13th November	* GATEWAY TO HELL (\$15 session)	Afternoon 2:30PM - Town Park
	* HELLS PLAYGROUND (\$15 session)	Afternoon 4PM - Town Park

Location Addresses

Town Park - Cnr Discovery Drive and Memorial Drive, North Lakes
Town Common - Little Burke Street, North Lakes (turn right off North Lakes Drive)
State School - Memorial Drive, North Lakes (turn right off Discovery Drive) - Boxing is at the Tennis Courts at the State School.
Woodside - Discovery Drive, North Lakes (next to Sesame Lane childcare centre)
Kickboxing Tennis Courts - North Lakes State College - Joyner Circuit entrance (turn right off Discovery Drive)
Performance Training Centre (P T C) - 1 / 20 Redcliffe Gardens Drive, Clontarf (off McDonnell Rd - Industrial area end)
Suttons Beach - Use main Suttons Beach Gate entrance off Marine Parade, Redcliffe
Strathpine - Pine Rivers Park - Gympie Road, Strathpine
Pathways Pool - Little Burke Street, North Lakes
Frog Park - Bridgeport Drive, North Lakes (turn left off Discovery Drive)
Woodside - Discovery Drive, North Lakes (next to Sesame Lane childcare centre)



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



* **NOTE:** The 'Women's Only', 'Gateway to Hell' and 'Hell's Playground' sessions all cost extra. The 'Swimming Club' session cost is your pool entry fee only
The 'Running Club', 'Swimming Club', 'Boot Camps' and 'Kickboxing for Fitness' sessions are all included at no extra charge in your Ultimate Training Package Deals