



Session Timetable – February 2012

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beg. 30/1	AM Swim 6am C+P Pool	Ride 6am Centennial Park	AM Swim 6am C+P	Ride 6am Centennial Park	Run/Strength 6:30am Meet outside C+P AM Swim 6am C+P Pool	Ride/Run Brick 6:30am Centennial Park	Long Ride 6am Centennial Park
	PM Swim 6pm C+P Pool	AM Swim 6am C+P Pool PM Swim 7pm C+P	Run Track 7pm ES Marks PM Swim 6pm C+P Pool	AM Swim 6am C+P Pool PM Swim 6pm C+P Pool PM Swim 7pm C+P Pool	PM Ocean Swim 6pm Bondi Bathers	AM Ocean Swim 10:30am Meet Bondi Bathers Surf Club	<u>Bookings before 7pm Friday *</u>
Beg. 6/2	AM Swim 6am C+P Pool	Ride 6am Centennial Park	AM Swim 6am C+P	Ride 6am Centennial Park	Run/Strength 6:30am Meet outside C+P AM Swim 6am C+P Pool	Ride/Run Brick 6:30am Centennial Park	REST DAY No Sessions
	PM Swim 6pm C+P Pool	AM Swim 6am C+P Pool PM Swimsession 7pm C+P	Run Track 7pm ES Marks PM Swim 6pm C+P Pool	AM Swim 6am C+P Pool PM Swim 6pm C+P Pool PM Swim 7pm C+P Pool	PM Ocean Swim 6pm Bondi Bathers	AM Ocean Swim 10:30am Meet Bondi Bathers Surf Club	
Beg. 13/2	AM Swim 6am C+P Pool	Ride 6am Centennial Park	AM Swim 6am C+P	Ride 6am Centennial Park	Run/Strength 6:30am Meet outside C+P AM Swim 6am C+P Pool	Ride/Run Brick 6:30am Centennial Park	NO SESSIONS Huskisson Race Weekend
		AM Swim 6am C+P Pool PM Swim 7pm C+P	Run Track 7pm ES Marks PM Swim 6pm C+P Pool	AM Swim 6am C+P Pool PM Swim 6pm C+P Pool PM Swim 7pm C+P Pool		AM Ocean Swim 10:30am Meet Bondi Bathers Surf Club	
Beg. 20/2	AM Swim 6am C+P Pool	Ride 6am Centennial Park	AM Swim 6am C+P	Ride 6am Centennial Park	Run/Strength 6:30am Meet outside C+P AM Swim 6am C+P Pool	Ride/Run Brick 6:30am Centennial Park	Long Ride 6am Centennial Park
		AM Swim 6am C+P Pool PM Swim 7pm C+P	Run Track 7pm ES Marks PM Swim 6pm C+P Pool	AM Swim 6am C+P Pool PM Swim 6pm C+P Pool PM Swim 7pm C+P Pool		AM Ocean Swim 10:30am Meet Bondi Bathers Surf Club	<u>Bookings before 7pm Friday *</u>
Beg. 27/2	AM Swim 6am C+P Pool	Ride 6am Centennial Park	AM Swim 6am C+P	Ride 6am Centennial Park	Run/Strength 6:30am Meet outside C+P AM Swim 6am C+P Pool	Ride/Run Brick 6:30am Centennial Park	Long Ride 6am Centennial Park
		AM Swim 6am C+P Pool PM Swim 7pm C+P	Run Track 7pm ES Marks PM Swim 6pm C+P Pool	AM Swim 6am C+P Pool PM Swim 6pm C+P Pool PM Swim 7pm C+P Pool		AM Ocean Swim 10:30am Meet Bondi Bathers Surf Club	<u>Bookings before 7pm Friday *</u>

Pricing Structure (inc. GST)

Group Training Sessions

Multisport Monthly / Squad Program **\$147**
Unlimited sessions in a calendar month plus weekly squad program

Multisport Monthly / Individual Program **\$245**
Unlimited sessions in a calendar month plus weekly individual program

Swim Monthly **\$115**
Unlimited swim sessions in a calendar month

Ride/Run 8 Monthly **\$ 97**
Up to 8 ride and/or run sessions in a calendar month

Please note: Passes must be paid for by the 5th of the month. The above monthly passes can only be suspended on presentation of medical certificate.

Casual Sessions

Swim (not including pool entry) **\$20**
Running/run-strength/ride/biathlon/other **\$16**

Please note the above prices do not include pool entry. A 20-visit pool pass can be obtained from Cook Phillip Pool. The above prices do include entry to ES Marks Athletic Field

Individual & Small Group Coaching

1-4 people **\$100**
5+ **P.O.A**
(For pool sessions add lane hire of \$15 for 25m and \$30 for 50m)

Fitness Programs (Monthly)

Triathlon, running, swimming, cycling **\$110**

Fitness Testing

Comprehensive Fitness Testing (running based) **\$100**

*Cancellation before this time also required or session fee will be incurred. Those who have booked will be notified if the session is cancelled due to insufficient numbers or poor weather.

PLEASE NOTE - Sessions may be cancelled due to poor weather conditions. Please call Shaun on 0411 271 948 (ride/run sessions) or Colin on 0419 722 553 (ocean swim sessions) 45 mins prior to the session for information. For Sunday long ride you will be advised by text message if the ride is cancelled.

As a courtesy to your training partners, please make sure you are ready to start training at the times advertised above.

Ocean Swims - If the weather is suspect please call Colin on 0419 722 553 45 minutes before the session to find out if it is on.

Sunday Long Ride – Qualification criteria applies, refer to http://stgfitness.com.au/downloads/Sunday_Ride.pdf for details.