

ATTITUDE TO BURN – CHRISTMAS HOLIDAY TIMETABLE

◀ November	~ December 2011 ~						January ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
18 NO TRAINING	19 6am THIRROUL X-Train Strength 6.30pm THIRROUL Cardio Kickbox	20 6am THIRROUL BOOTCAMP 6.45pm THIRROUL BOOTCAMP 7.15pm HELENSBURGH BOOTCAMP	21 6am HELENSBURGH X-TRAIN 6.30pm THIRROUL X-TRAIN	22 6am THIRROUL BOOTCAMP 6.45pm THIRROUL BOOTCAMP 7.15pm HELENSBURGH BOOTCAMP	23 6am HELENSBURGH X-TRAIN	24 6.30am BULLI PARK: HILLS/INTERVALS – GET A HEAD START ON TOMORROW'S FOOD!	
25 NO TRAINING	26 NO TRAINING	27 9.30am Thirroul 1 hour BOXING /KICKBOXING session CAROLINE/KERRY	28 9.30am Thirroul Intervals/Beach run session 1 hr CAROLINE	29 6.00am Thirroul Bootcamp CAROLINE/ 6.45pm Bootcamp KERRY	30 9.30am HELENSBURGH X-TRAIN/ strength/cardio	31 6.30am BULLI PARK: HILLS/INTERVALS – GET A HEAD START ON NY RESOLUTIONS!	

More Calendars: [Jan 2012](#), [Feb 2012](#), [Mar 2012](#)

◀ December	~ January 2012 ~						February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 NO TRAINING	2 9.30am Thirroul 1 hour BOXING /KICKBOXING session CAROLINE/KERRY	3 9.30am Thirroul STRENGTH session – 1 hour CAROLINE	4 6.45pm Thirroul X-TRAIN KERRY	5 6.00am Thirroul Bootcamp CAROLINE/ 6.45pm Bootcamp KERRY	6 6.00am Helensburgh: X-Train Intervals CAROLINE	7 6.30am Bulli: Run / Intervals/ Hills CAROLINE	
8 NO TRAINING	9 SESSIONS RESUME AS NORMAL	10	11	12	13	14	