

8 WEEK CHALLENGE

CLUB WORKOUT

TIMES

CLUB	DAY & TIME		
Adelaide City	TUESDAY 6PM		
Alex Hills	WEDNESDAY 6PM	SATURDAY 6:30AM	
Armadale	TUESDAY 6PM	THURSDAY 6PM	
Ashgrove	SATURDAY 6AM		
Balwyn	SATURDAY 7AM	THURSDAY 7:30PM	
Bardon	MONDAY 6AM		
Beenleigh	WEDNESDAY 6PM	SATURDAY 7:15AM	
Bibra Lake	TUESDAY 5:45PM	WEDNESDAY 5:45PM	SATURDAY 8AM
Box Hill	SATURDAY 9AM	TUESDAY 6:30PM	
Brookfield Place	MONDAY 4:30PM	FRIDAY 7AM	
Browns Plains	SATURDAY 6:30AM		

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Bundall	WEDNESDAY 6PM	SATURDAY 6AM	
Burnside	SATURDAY 8AM		
Caloundra	SATURDAY 8:30AM		
Camberwell	TUESDAY 6PM	THURSDAY 6PM	SATURDAY 9AM
Cannington	TUESDAY 6AM	THURSDAY 6:30PM	
Carindale	SATURDAY 6:30AM	WEDNESDAY 6AM	
Carnegie	WEDNESDAY 5:15PM	SATURDAY 8AM	
Carousel	TUESDAY 6AM (CANNINGTON)	THURSDAY 6:30PM (CAROUSEL)	
Carseldine	SATURDAY 9:30AM		
Chelsea Heights	SATURDAY 7AM	WEDNESDAY 6:30PM	
Chermside	SATURDAY 6:15AM	THURSDAY 6:45PM	

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Cleveland	WEDNESDAY 6PM	SATURDAY 6:30AM
Coburg	WEDNESDAY 5:30PM	SATURDAY 7AM
Coomera	WEDNESDAY 10:30AM	THURSDAY 5:30PM
Cottesloe	MONDAY 6AM	WEDNESDAY 4:45PM
Cross Roads	SATURDAY 7:30AM	SATURDAY 7:30AM
Dernancourt	SATURDAY 8AM	
Dingley	WEDNESDAY 6:30PM	SATURDAY 8:45AM
Docklands	MONDAY 6:30PM	
Edward St	MONDAY 5:30PM	
Essendon	WEDNESDAY 7PM	SATURDAY 7AM
Fitzroy	SATURDAY 8:15AM	WEDNESDAY 6PM

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Floreat	TUESDAY 6AM	THURSDAY 6PM	
Fortitude Valley	TUESDAY 6PM	WEDNESDAY 11AM	SATURDAY 6:30AM
Fountain Gate	WEDNESDAY 6:30PM	SATURDAY 7AM	
Geelong	TUESDAY 6:30PM	SATURDAY 8AM	
Glen Iris	MONDAY 6:45AM	WEDNESDAY 6:30PM	SATURDAY 7:30AM
Glenelg	SATURDAY 8:00AM		
Graceville	SATURDAY 7AM		
Helensvale	SATURDAY 6:15AM	TUESDAY 6PM	
Hindmarsh	SATURDAY 8AM		
Holland Park	MONDAY 6PM		
Hoppers Crossing	WEDNESDAY 6PM	SATURDAY 8AM	

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Innaloo	MONDAY 10:30AM	TUESDAY 6.30PM	WEDNESDAY 6:00AM	THURSDAY 12:00PM		
Ipswich	MONDAY 6:30AM	WEDNESDAY 6:45PM				
Jindalee	SATURDAY 6:15AM					
Joondalup	TUESDAY 6:00AM	WEDNESDAY 9:30AM	THURSDAY 6:30PM	FRIDAY 9:30AM	SATURDAY 7:00AM	
Karingal	SATURDAY 7AM	TUESDAY 6:30AM				
Kingsway	TUESDAY 9:00AM	WEDNESDAY 5:30PM	THURSDAY 9:00AM	SATURDAY 8:00AM		
Knox City	SATURDAY 7:15AM	WEDNESDAY 7:00PM				
Loganholme	SAT 27TH MAR: 8:30AM TUES 6TH APR: 5:45AM TUES 13TH APR: 10AM TUES 20TH APR: 10AM TUES 27TH APR: 10AM MON 3RD MAY: 6AM SAT 15TH MAY: 7AM SAT 22ND MAY: 6:30AM					

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Marion	THURSDAY 6PM			
Maroochydore	MONDAY 7AM	TUESDAY 6AM & TUESDAY 10:30AM	THURSDAY 6AM	FRIDAY 7AM
Mitcham	SATURDAY 7:30AM			
Mooroolbark	SATURDAY 10AM	WEDNESDAY 6PM		
Morningside	SATURDAY 6:00AM			
Mornington	SATURDAY 7AM	WEDNESDAY 6:30PM		
Mount Lawley	SATURDAY 9AM	WEDNESDAY 6:30PM		
Mt Gravatt	TUESDAY 7AM	THURSDAY 7AM		
Murray St	MONDAY 5:30PM			
Nerang	SATURDAY 6:00AM			
Noarlunga	TUESDAY 9:30AM	THURSDAY 6:30PM		
North Adelaide	SATURDAY 8AM			
Nundah	MONDAY 6:30AM	THURSDAY 7:00PM		

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Payneham	SATURDAY 8:30AM			
Point Cook	TUESDAY 6:30PM	SATURDAY 9AM		
Prahran	SATURDAY 8AM	TUESDAY 6PM		
Preston	TUESDAY 6PM	SATURDAY 8AM		
Queen St	TUESDAY 7AM	THURSDAY 6PM		
Ringwood	TUESDAY 6PM	SATURDAY 7:15AM		
Robina	TUESDAY 6AM	THURSDAY 6:30PM		
Rockhampton	TUESDAY 7:30 AM			
Rothwell	SATURDAY 7AM			
Royal Park	WEDNESDAY 6PM			
South Melbourne	MONDAY 5:30PM	TUESDAY 6:00AM	WEDNESDAY 6PM	FRIDAY 12PM

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Springwood	TUESDAY 5:30PM	SATURDAY 6:30AM		
Subiaco	TUESDAY 7AM	THURSDAY 5:30PM		
Success	MONDAY 7PM	WEDNESDAY 5PM	FRIDAY 7AM	SATURDAY 12 PM
Taylors Lakes	TUESDAY 5:30PM	SATURDAY 7:30AM		
Toowoomba	WEDNESDAY 6:45PM	SATURDAY 6:30AM		
Wantirna	WEDNESDAY 7:30PM	SATURDAY 7:30AM		
Waverley Park	WEDNESDAY 6:30PM	SATURDAY 7:15AM		
West Lakes	TUESDAY 6PM			