

MON	TUES	WED	THUR	FRI	SAT	SUN
SWIM 5:30-7:00AM NAC 25M Pool YOGA 6:00-7:00PM NOOSA YOGA CENTRE	RIDE WT 5:30-7:00AM LIONS PARK	RUN 5:45-7:00AM LIONS PARK SWIM 5:45-7:00PM NAC	RIDE 5:45-7:00AM 4 TH JAN GIRRAWEEEN BIKE TRACK INTERVALS RUN 5:30-6:30PM HILL REPEATS VIEWLAND DRV. WATER TOWER	SWIM 5:30-7:00AM NAC	RIDE 5:30AM VARIES CONFIRM BY SMS LIONS PARK	SWIM 4:00PM NOOSA SURF CLUB OCEAN SWIM 1800M
NO NAC SWIM MON 1 ST JAN NO YOGA MON 1 ST JAN			11 TH JAN GYNDIER HILL REPEATS RUN 5:30-6:30PM TRACK SBHS PARKING NAC	NO NAC SWIM FRI 26 TH JAN WILL BE OPEN WATER SWIM 7AM NOOSA MAIN BEACH	SAT 13 TH JANUARY TRANSITIONS 5:30AM FOR A 5:45AM START NOOSA HEADS , LIONS PARK	
			18 TH JAN EUMARELLA RD TT 19k RUN 5:30-6:30PM TRACK SBHS PARKING NAC	REPEATS VIEWLAND DRV. WATER TOWER		
			25 TH JAN GIRRAWEEEN BIKE TRACK INTERVALS RUN 5:30-6:30PM HILL REPEATS VIEWLAND DRV. WATER TOWER			

FEEES

SWIM SQUAD \$10, SUN OCEAN SWIM FREE

BIKE TUES & THUR \$8, WT SUPPLIED +\$2. SAT FREE, WET WEATHER BIKE VENUE GIRRAWEEEN

COVERED PAVILION, IF IN DOUBT TXT NICK CROFT 0407 136 215

RUN WED FREE, THUR \$7

YOGA \$15