

GROUP TIMETABLES

Roma Street Parklands

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				12:30pm <i>Chris</i>
4:30pm <i>Chris</i>	4:30pm <i>Chris</i>		4:30pm <i>Linda</i>	
	6pm <i>Clint</i>		6.00pm <i>Linda</i>	

Kurilpa Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:30am <i>Dave</i>		6:30am <i>Dave</i>	
6.00pm <i>Chris</i>				

All groups start on time and run for 30mins. This is made up by 25mins of cardio activity followed by a 5 minute stretch. Roma Street Parklands groups are run from the Celebration Lawn and the meeting place is under the main pergola area at the bottom of the steps. Parking is available on Parkland Blvd and requires payment between 7am and 7pm. Kurilpa Park groups are run on the grassed area and the meeting place is the west end side of the GOMA building under the Kurilpa Bridge. Off street parking is available but please look out for any clearways (usually on main roads between 7am and 9am in the mornings and 4pm and 7pm in the afternoon/evening) and for any paid parking signs (usually required between 7am and 7pm). All valuables can be left in the trainer's bag or vehicle