

# EVENTS

2021



## NUTRITION SEMINARS

20th Mar	***Sugar***
17th April	***Labelling***
15th May	***Cravings***
12th June	TBC
17th July	TBC
14th August	TBC

## MOVEMENT EDUCATION WORKSHOPS

16th March	Suspension Training
17th April	Best of your workouts
22nd May	Improve your run
19th June	Barbell Basics
24th July	Boxing Refreshed
17th August	Injury Prevention

## SOCIAL EVENTS

27 March	<b>Blood Drive</b>
17 April	<b>Paddling Day</b>
14 May	<b>Class Re-union</b>
19 June	<b>Bike Ride</b>
3 July	<b>Blood Drive</b>
21 August	<b>Members Ball</b>
4 September	<b>10 year party</b>
16 October	<b>Blood Drive</b>
9 October	<b>Bush Hike</b>
3 Dec	<b>Xmas Party</b>

## RUN/ADVENTURE EVENTS

x-Adventure	10 - 11 Apr
Rotto Running Fest.	13th Jun
Womens Classic	12th Sep
Eagle Bay Epic	6th Nov

## COFFEE CLUBS

Xpresso Lane	27 Mar
Dome	24 Apr
Holly Raye's	29 May
To the Woods	26 Jun
Caff on Broadway	31 Jul
O2 Bassendean	28 Aug

## TRAINING PACKAGES (RUN & ADVENTURE)

Trails	2nd, 9th, 16th, 23rd, 30th May, 6th Jun
Womens Classic	31st Jul, 7th, 14th, 21st, 28th Aug, 4th Sep
Eagle Bay Epic	12th, 19th, 26th Sep, 3rd, 10th, 17th, 24th, 31 Oct

TONING

## BANDS

February  
March  
August  
September

## WEIGHTS

January  
June  
July  
October

## FITBALL

April  
May  
November  
December

## RIVERSIDE YOGA

Month of November

## MYSTERY CARDIO

Month of July