

Starts March 6



Proposed 12 Week Body Overhaul Schedule

WEEK	Event Date	Event
Pre	March 6 th	<i>1st weigh, measure etc, nutrition & goals</i>
Week 1	March 11 th	Nutrition, Calories & Supplements
Week 2	March 18 th	Lets Go Shopping
Week 3	March 25 th	Group training – 1 st Team Battle
Week 4	April 1 st	Motivational Speaker
Week 5	April 8 th	<i>2nd Weigh and measure</i>
Week 6	April 15 th	Breaking Through Plateau's
Week 7	April 22 nd	Eating out & Fad Diets
Week 8	April 29 th	Group training – 2 nd Team Battle
Week 9	May 6 th	<i>3rd Weigh & Measure</i>
Week 10	May 13 th	Making the Cut – to lose those last few kilos
Week 11	May 20 th	Group training – 3 rd Team Battle
Week 12	May 29 th	<i>Final weigh, measure & FINALE TEAM BATTLE</i>
Post	Date TBA	Dinner & awards presentation

Proposed Weekly Workshop Time – Thursday 7.30pm

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