

## **24 hour “Get the Park Built” event schedule, 5<sup>th</sup> August 2011, 6pm, Winners 2000 Newton Abbot**

6pm	ZUMBA + Circuits	Choose which class you want to take part in, a great kick off to the event.
7pm	COMBAT	Learn some serious self defense from the martial arts guru, Sensei Dave Owen.
8pm	MMA / Locks and holds	More from this amazing martial artist, this guy is amazing, don't miss this.
9pm	PUMP	Resistance training done perfectly by Hannah Bryant.
10pm	SNACK	
10.30pm	Flexibility	Get stretched by Debbie Sayce.
11.30pm	Handball	Fun time with our own version of handball.
00.30am	GYM UPPER BODY 1	Group Personal Training with Team Winners 2000.
1.30am	Dodgeball	More fun, no one mention Globo Gym!
2.30am	SNACK	
3am	COVEY or ROBBINS AUDIO CD / MEDITATION	Meditation and visualization work
4am	GYM LOWER BODY 1	Wake up, time to squat!!!

5am	Boxercise	Now you will be really awake, with Rachel's great boxercise
6am	AEROBICS	Step touch, hows your coordination at 6am?
7am	BREAKFAST	Emmy and Louise are going to cook???? Maybe one to miss this!!!!
8am	TAI CHI	Some yin to go with the yang. Chill out time.
9am	RUNNING CLUB	Work off Emmys breakfast with some outdoor running.
10am	Boxing	Learn how to jab, parry and upper cut, with Gareth Hogg.
11am	SNACK	
12pm	Pilates	Get your core strong and your stomach flat with Claire Long.
1pm	ROUNDERS	More fun, team game on our outdoor gym.
2pm	GYM UPPER BODY 2	More Personal Training, arms and delts.
3pm	SNACK	
3.30pm	YOGA	Posture and relaxation to balance out all your pump.
4.30pm	KARATE	Martial Arts session with Richard and Cory Cuff, outside weather allowing.
5.30pm	SPRINT WORK	You have the juice for it, so get fast with some sprint specifics with Jon Ellery.
6pm finish.	BBQ and FINISH!!	If Emmy and Lou didn't kill you, then maybe Tony can with his outdoor bar-b-q to