

8 WEEK CHALLENGE SCHEDULE

INTRO SESSIONS

1. SESSION 1: Essential Preparation & Fitness Testing | Saturday 9:30am **18th February** (2 hours)
2. SESSION 2: Challenge Mindset | Sunday 10:00am **26th February**

BOOTCAMP

1. Saturday BOOTCAMP 7:30 AM **11th March**
GAZA OVAL, KLEMZIG

SPECIAL EVENTS

1. Team Event - Saturday 1 pm- 3 pm **4th March**
2. Team Guided Recovery Session 9am - 11am **Saturday 18th March**
3. Team Event 9am - 11 am **Saturday 25th March**
4. Marathon Team Challenge at FT **Sunday 2nd April**
5. Challenge Lunch: 1 pm **Saturday 15th April**

CHALLENGE HIKES

1. Every Sunday we hike to connect and get out in nature, starting from the **19th February** at 9.00 am, with our last hike on the **26th March**. Locations will be announced on the FT 8 Week Challenge Facebook Group.

POWER UP WORKSHOP/ZOOM SERIES

1. Mon 20th Feb 7.30 pm | Lifting
2. Mon 27th Feb 7:30 PM | Nutrition
3. Mon 6th March 7:30 PM | Vitality
4. Mon 20th March 7:30 PM | Grounding