



Multisport**GOLD**

**WINTER  
TRAINING SCHEDULE  
5th June 2017**



Multisport**GOLD**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Day off	AM CAAC Swim Squad 5.30-7.00am	AM Watt Studio-GCPSH Fee/Booking required 5.15am Individual Indoor Trainers	AM CAAC Swim Squad 5.30-7.00am	AM Hope Is Shopping Ctre Ride-Strength 5.15am	AM parkrun 7.00am Swimming TBA Weekly Pool	AM Hope Is Shopping Ctre Long & Short course 6.00am
PM	PM CACT Run-Track Session 5.30pm	PM	PM Adidas Park Run-Strength Session 5.30pm	PM	PM	PM

## Please note times are **START** times, ensure you are ready to depart on time.

CAAC Coomera Anglican Aquatic Centre

CACT Coomera Anglican College Track

Watt Studio-GCPSH Clinic

Adidas Park

Hope Island Shopping Centre

Billinghurst Street Upper Coomera

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2/118 Brisbane Road Labrador.

Reserve Road Skate Park (Cnr Old Coach Road Upper Coomera)

Santa Barbara Drive, Hope Island (Park in 15P)

Fee Structure	
CAAC Pool entry	\$5
Casual session	\$8
10 visit pass	\$80
20 visit pass	\$150
Email Monthly Prog.	\$120
Monthly Program	\$150

**During the winter months, NO LIGHTS = NO RIDE**

**For ALL Group rides it is expected AT ALL TIMES road rules to be obeyed and riding etiquette maintained.**

**ALL sessions CASUAL FEES APPLY (unless on monthly program)**

**Pool entry is payable at each session. Entry passes are available for purchase.**

**Multisport Gold is a proud supporter of Coomera Park Run, Rosevalley Drive Highland Reserve**