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2020 PROGRAM

Last updated: 13 Jan 2020

Check this program monthly for changes and updates. More details on events will be released closer to the event date

January

(No 5:30am Stryve sessions this month)

Mon 13 Jan Ultimate Training Group Fitness recommencement – Limited Timetable for this month

Mon 27 Jan Public Holiday Event - Australia Day 90min session

February

Wed 5 Feb February 5:30am Stryve sessions (8 sessions)

March

(No Labour Day Public Holiday Session)

Wed 4 Mar March 5:30am Stryve sessions (6 sessions)

April

Fri 10 Apr Public Holiday Event - Good Friday Charity session (All proceeds to the Royal Children's Hospital)

Mon 13 Apr Public Holiday Event - Easter Monday 90min session

Wed 15 Apr April 5:30am Stryve sessions (5 sessions)

May

Fri 1 May May 5:30am Stryve sessions (9 sessions)

June

(No 5:30am Stryve sessions this month)

Mon 8 Jun Public Holiday Event - Queen's Birthday 90min session

Sat 20 Jun Social Event - 2020 Ultimate Mid-Year Party

July & August

(No 5:30am Stryve sessions these months)

No events

September

Wed 2 Sep September 5:30am Stryve sessions (8 sessions)

Fri 25 Sep Public Holiday Event - Footy Final Friday 90min session

October

Fri 2 Oct October 5:30am Stryve sessions (8 sessions)

Sun 11 Oct Event - Strength and Endurance Super Sunday 90min session

Sat/Sun 17/18 Oct Tough Mudder VIC weekend - Classic 16km

November

Tue 3 Nov Public Holiday Event - Melbourne Cup Day 90min session

Wed 4 Nov November 5:30am Stryve sessions (8 sessions)

Sat 7 Nov Social Event - 2020 Ultimate Annual Party

December

Wed 2 Dec December 5:30am Stryve sessions (6 sessions)

Wed 23 Dec Final day of the Group Fitness Timetable

Sat 26 Dec Event - Boxing on Boxing Day 90min session (Final Super Session for the year)