

	5:45am	6:00am	6:30am	7:00am	8:00am	9:30am	10:15am	Events
11-Dec Monday		6 + 8k Drills & Flush Run Dobbo						
12-Dec Tuesday	Half & Full Clinic + 10k Dobbo/Gaz							
13-Dec Wednesday		Run Strength Circuit Gaz						
14-Dec Thursday		Drills & Speed Gaz						
15-Dec Friday		Light Run & Stretch Dobbo						
16-Dec Saturday		Panmure Basin/Orakei Run (1hr, 2hr, 2hr30) Dobbo, Helena Maree, Zane						
17-Dec Sunday								
18-Dec Monday		6 + 8k Drills & Flush Run Dobbo						
19-Dec Tuesday	Half & Full Clinic + 10k Dobbo/Gaz							
20-Dec Wednesday		Run Strength Circuit Gaz						
21-Dec Thursday		Drills & Speed Gaz						
22-Dec Friday		Light Run & Stretch Dobbo						
23-Dec Saturday		GetRunning Xmas Run - Dress up in your favourite Xmas Outfit!						Xmas Run
24-Dec Sunday	GR Closed till 9th January (Last membership payment 19th Dec - First payment 9th Jan)							
25-Dec Monday								
26-Dec Tuesday								
27-Dec Wednesday								
28-Dec Thursday								
29-Dec Friday								
30-Dec Saturday								
31-Dec Sunday								

	5:45am	6:00am	6:30am	7:00am	8:00am	9:30am	10:15am	Events
1-Jan Monday								
2-Jan Tuesday								
3-Jan Wednesday								
4-Jan Thursday								
5-Jan Friday								
6-Jan Saturday								
7-Jan Sunday								
8-Jan Monday								
9-Jan Tuesday	First Session Back - Half & Full Clinic + 10k Dobbo/Gaz							
10-Jan Wednesday		Run Strength Circuit Gaz						
11-Jan Thursday		Drills & Speed Gaz						
12-Jan Friday		Light Run & Stretch Dobbo						
13-Jan Saturday		Studio Run (10km, 18km, 21km) Gaz, Dobbo, Maree, Zane						
14-Jan Sunday								
15-Jan Monday		6 + 8k Drills & Flush Run Dobbo						
16-Jan Tuesday	Half & Full Clinic + 10k Dobbo/Gaz							
17-Jan Wednesday		Run Strength Circuit Gaz						
18-Jan Thursday		Drills & Speed Gaz						
19-Jan Friday		Light Run & Stretch Dobbo						
20-Jan Saturday		Studio Run (10km, 20km, 26km) Gaz, Dobbo, Maree, Zane						
21-Jan Sunday								

22-Jan	Monday	6 + 8k Drills & Flush Run Dobbo
23-Jan	Tuesday	Half & Full Clinic + 10k Dobbo/Gaz
24-Jan	Wednesday	Run Strength Circuit Gaz
25-Jan	Thursday	Drills & Speed Gaz
26-Jan	Friday	Light Run & Stretch Dobbo
27-Jan	Saturday	Studio Run (10km, 18km, 21km Paced Run) Gaz, Dobbo, Maree, Zane
28-Jan	Sunday	
29-Jan	Monday	6 + 8k Drills & Flush Run Dobbo
30-Jan	Tuesday	Half & Full Clinic + 10k Dobbo/Gaz
31-Jan	Wednesday	Run Strength Circuit Gaz
1-Feb	Thursday	Drills & Speed Gaz
2-Feb	Friday	Light Run & Stretch Dobbo
3-Feb	Saturday	Studio Run (10km, 20km, 30km) Gaz, Dobbo, Maree, Zane
4-Feb	Sunday	

