



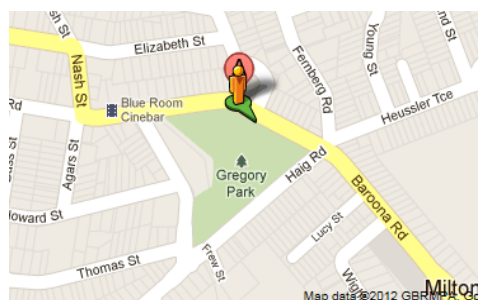
**Paddington**  
evolutionstartsats6am.com  
**Amy Bridle**  
0412 230 926  
[amy@evolution.com.au](mailto:amy@evolution.com.au)

## Training Session Locations

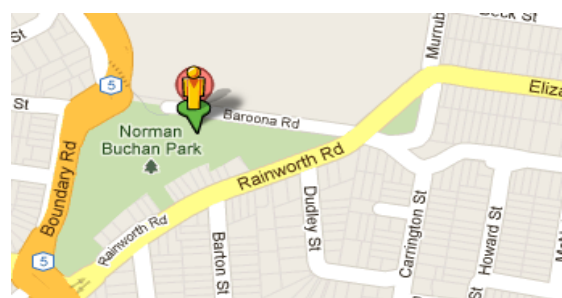
Refer to the timetable to see where your training session is taking place.

### Gregory Park

We meet up the end of the park closest to the play equipment and basketball hoop on Baroona Rd

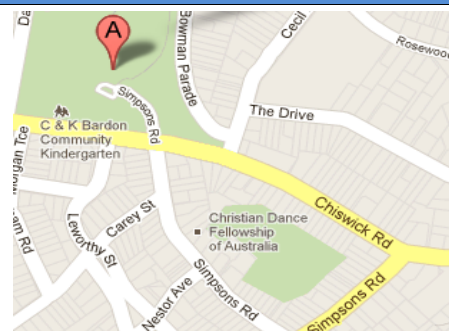


### Norman Buchan Park



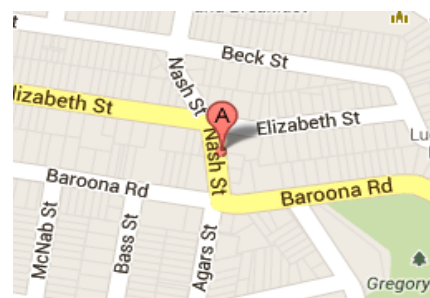
### Bowman Park

Enter Bowman Park at the Cnr of Chiswick Rd & Simpsons Rd. You will have the play equipment on the Right as you drive down to the park and into the 2nd parking lot



### Yoga - 18 Nash Street, Rosalie

The yoga studio is located at 18 Nash Street, Rosalie, opp Grill'd and Cold Rock Icecreamery. Its called the Brisbane Yoga Space



### Wet weather Venue - The Lavalla Centre, cnr fernberg rd & given tce

Enter through the big gates of the Lavalla Centre and walk around the back to the under cover area