



MANNING INDOOR ROWING

CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	ROWGA	SEVEN 35		RACE PACER	ROWGA
7:15am	ROWBATA	ROWBATA			ROWBATA
9:00am	SEVEN 35		RACE PACER		
4:00pm		SEVEN 35	ENDUROW	RACE PACER	
5:30pm		RACE PACER		SEVEN 35	

SEVEN 35

A comprehensive full body workout! This is a great workout for those needing to improve their power per stroke and control of rate.

RACE PACER

An ideal workout for those looking to improve their 2000m pace and overall race fitness.

ROWBATA

For those short on time! Tabata style High intensity interval training. Get fit **FAST!**

ENDUROW

Test yourself! 5000m, 2000m, 1000m or 500m. Come in anytime between 4-6pm and test yourself. Free to all MRRC Members!

ROWGA (Rowing Yoga)

Warm up on the C2 Rower then be guided through a series of static stretches designed to improve your flexibility and lengthen your stroke.

www.manningindoorrowing.com

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