



**B Mee Multiports**

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**BMee Multisport**  
**Weekly Group Session Calendar**  
**8<sup>th</sup> October – 16<sup>th</sup> December 2018 (10 weeks)**

	Monday		Tuesday			Wednesday			
	AM	PM	AM	PM	PM	AM	AM	PM	PM
BMee Group Sessions	Swim Squad	Run Core Intervals	Bike Intervals 5:15-6:15am	Open Water Swim/Run Brick training session	Coach Carla Pilates Class	Open Water Swim Session/skills	Pilates and Core	Run focus session working on specific intervals	Run Core Intervals (Females only Class)
Location	HBAC 50m pool	Seafront Oval Extension	Urangan Pier	Ron Beaton Park Torquay	Scarness Foreshore Stage	Ron Beaton Park Torquay (next to surf club)	Scarness Foreshore Stage	St James School Oval	Seafront Oval Extension
Time	5:30 – 6:30am	5:15pm – 6:15pm	5:15am- 6:30am	4-5pm	5:30 – 6:30pm	5:30-6:30am	9-10am	4- 5pm	5:30pm – 6:30pm

Thursday			Friday		
AM	AM	PM	AM	AM	PM
Bike Intervals Skills/technique/ pack work session *Bike lights	Bmee Spin Bike session	Swim TimeTrial Thursday	Pilates for Triathletes 6:00am- 7:00am	Run Hills/Strength Intervals (Females only Class)	Lunch Swim Squad
Crit Track Industrial Estate	Scarness Foreshore Stage	HBAC 25m Pool	Anytime Fitness	Meet at Sailing Club	HBAC 50m pool
5:30-6:30am Or 5am start from Enzos	9:30am – 10:30am	5:30pm – 6:30pm	6am – 7am	5:30am – 6:30am	12-1pm

**As of Term 4 Class options for B Mee will be undergoing a price structure/payment change.**

**Everyone will be asked to indicate what session/s that they will be coming to on a weekly basis but if during the term an individual is sick/away/or due to personal reasons can't make a session then they can use any other session as a make-up session. Make up sessions are only valid during the term and upon completion of the term this option will no longer be valid. Each card is valid for a family eg parents and children but cannot be used outside of the immediate family.**

**Options for term cards are as follows.**

**10 session card - \$100 B Mee member (\$10 per session) \$120 Non member (\$12 per session)**

**20 session card - \$200 B Mee member (\$10 per session) \$240 non member (\$12 per session)**

**30 session card - \$270 B Mee Member (\$9 per session) \$330 non member (\$11 per session)**

**40 session card - \$320 B Mee Member (\$8 per session) \$400 non member (\$10 per session)**

**50 session card - \$400 B Mee Member (\$8 per session) \$500 non member (\$10 per session)**

**UNLIMITED SESSIONS FOR THE TERM 15 CLASS OPTIONS PER WEEK. \$500 BMEE MEMBER - \$600 NON-MEMBER. This can only be used per individual and non-transferrable.**

**All session cards for term 4 are valid until Friday 14th December 2018**

**\*please note all Aquatic centre sessions do not include entry into the pool. This is paid separately.**

**Those that sign up for a Training Peaks (TP) personalised program there will be at a separate TP cost at a minimum of \$40 per week which will be personalised to your individual goal.**

**There is a CASUAL session option which will be \$15 per class which can be paid as cash or Eftpos before class begins.**

**Membership Options with B Mee are as follows.**

**Option 1; As an affiliated member with Triathlon Australia and through B Mee Multisport Triathlon Club. Go to [http://www.triathlon.org.au/State\\_Associations/QLD/qld/Membership/join.htm](http://www.triathlon.org.au/State_Associations/QLD/qld/Membership/join.htm) follow the prompts and select Bmee Multisport from the drop down club option. This will give you insurance coverage for Training and racing.**

**Option 2; As a B Mee group session member which is an annual cost of \$50 and gives you the option to receive the member price for group sessions. Insurance coverage not included in this option. Please email [lars.bmee@gmail.com](mailto:lars.bmee@gmail.com) if you wish to take this membership option.**

**Payment for session cards need to be made before undertaking a session. Extra session cards can be purchased throughout the term if needed.**

**Payment options are, Bank Transfer, Eftpos, Cash.**

