

BoDYnamos CLUB - TRAINING SCHEDULE






BODYNASIUM

You in Fitness, Fitness in You!

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DAYS	VENUE	TIME	MEETING POINT	DISTANCES	WHAT TO BRING?
Wednesday	Kent Ridge Park	8pm	Car Park B	5km, 10km	Running Attire & Shoes
Saturday	MacRitchie Reservoir Park	5pm	Multi-Storey Car Park	Contact us for enquires on customized training programs for triathlons, marathons or other seasonal events.	Water Bottle Sweat Towel

GETTING THERE	KENT RIDGE PARK	MACRITCHIE RESERVOIR PARK
Parking 	Car Park B Vigilante Drive off South Buona Vista Road. Access via Vigilante Drive, Science Park Drive and Pepys Road.	Multi-Storey Car Park Entrance to the MacRitchie Reservoir Park car park is along Lornie Road.
Nearest 	Harbour Front Station	Marymount Station (2km walk to MacRitchie Reservoir Park)
Bus Services 	200 Alight at South Buona Vista Road and proceed by foot via Vigilante Drive. 92 Alight at the end of Science Park Drive. 10, 30, 51, 61, 143, 176 to Pasir Panjang Road and proceed by foot via Pepys Road.	52, 74, 93, 130, 132, 156, 157, 162, 165, 166, 167, 852, 855, 980 Alight along Lornie Road at the bus-stop in front of MacRitchie Reservoir Park