

# Boot Camp Schedule : SEPTEMBER 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Rise & Shine		Rise & Shine			
7:00 AM							
9:00 AM						NO EXCUSES	Essential Fitness
9:15 AM			Busy Mom *registration required*		Busy Mom *registration required*		
9:30 AM							
10:00 AM						Stretch & Roll	
11:00 AM						NO EXCUSES	
12:00 PM							
1:00 PM	Lunch Hour 45 Minutes	Lunch Hour 45 Minutes	Lunch Hour 45 Minutes	Lunch Hour 45 Minutes	Lunch Hour 45 Minutes		
5:15 PM	Total Body 45 minutes		Total Body 45 minutes				
6:15 PM	Essential Fitness (45 minutes)	Essential Fitness (45 minutes)	Essential Fitness (45 minutes)	Essential Fitness (45 minutes)			
7:00 PM	Strength & Endurance	Strength & Endurance	Strength & Endurance	Strength & Endurance			