

Spring BootCamp Schedule 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Rise & Shine 1 Hour		Rise & Shine 1 Hour			Closed
6:30 AM	Beat The Rush 30 Minutes						Closed
9:00 AM						NO EXCUSES 1 Hour	Closed
9:30 AM	Busy Mom BootCamp 45 Minutes (Registration required)		Busy Mom BootCamp 45 Minutes (Registration required)		Busy Mom BootCamp 45 minutes (Registration required)		Closed
1:00 PM	Lunch Hour 45 Minutes		Lunch Hour 45 Minutes		Lunch Hour 45 Minutes		Closed
4:15 PM	Fitness Infusion 45 Minutes	Fitness Infusion 45 Minutes		Fitness Infusion 45 Minutes			Closed
5:15 PM			Total Body 45 minutes				Closed
7:00 PM	Day Finisher 1 Hour	Day Finisher 1 Hour		Day Finisher 1 Hour			Closed