

# Boot Camp Schedule : June 10 - July 28, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Rise & Shine		Rise & Shine			
7:00 AM	Rise & Shine		Rise & Shine		Rise & Shine		
9:00 AM						NO EXCUSES	Essential Fitness
9:30 AM	<b>Full Body/HIIT</b>		Busy Mom *registration required*		Busy Mom *registration required*		
10:00 AM						Stretch & Roll	
11:00 AM						NO EXCUSES	
12:00 PM	<b>Full Body/HIIT</b>	<b>Full Body/HIIT</b>		<b>Full Body/HIIT</b>			
1:00 PM	Lunch Hour 45 Minutes		Lunch Hour 45 Minutes	Lunch Hour 45 Minutes	Lunch Hour 45 Minutes		
4:15 PM	Fitness Infusion 45 Minutes						
5:15 PM			Total Body 45 minutes				
6:00 PM	Essential Fitness (50 minutes)	Essential Fitness (50 minutes)	Essential Fitness (50 minutes)	Essential Fitness (50 minutes)			
7:00 PM	Strength & Endurance	Strength & Endurance		Strength & Endurance			