



# Timetable



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am	MetCon	Bootcamp	Bootcamp	Bootcamp	Bootcamp		
7:00am	Bootcamp	Bootcamp	Bootcamp	Build & Burn	Bootcamp		
8:00am						Bootcamp	MetCon
9:00am						Bootcamp	Bootcamp
10:00am	Bootcamp	Build & Burn	Bootcamp	MetCon	Bootcamp	Build & Burn	Bootcamp
11:00am						R&R	
12:15pm	Bootcamp		Bootcamp		Bootcamp		
4:15pm	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp		
5:15pm	Bootcamp	MetCon	Build & Burn	Bootcamp	Bootcamp		
6:15pm	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp		
7:15pm	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp		
8:15pm	Build & Burn	Weightlifting	MetCon	Build & Burn			
9:00pm			R&R				
Indoor	Mon	Tues	Wed	Thurs	Fri	<b>Body Composition Checks every Tuesday:</b> 9:00am      6:00pm 9:15am     6:15pm 9:30am     6:30pm 9:45am     6:45pm	
Cycling	5:00pm	9:00am	6:30pm	7:00am	9:00am		
	5:30pm	9:30am	7:00pm	7:30am	9:30am		
				6:00pm			
				6:30pm			