

Boot Camp Schedule – JUNE 2019



| Time | Mon | Tues | Wed | Thurs | Fri | Sat |
|---------|--------------------------------|-----------------------------|--------------------------------|---|--|---|
| 6:15am | BC <i>Anthony</i> | | BC <i>Anthony</i> | | KB <i>Zach/Chris</i> | |
| 9:15am | | BC <i>Anthony</i> | | BC <i>Heidi</i> | 9:15am BC-Express <i>Katie</i> | 9am-10:30am BC <i>Heidi</i> |
| 10:15am | BC <i>Heidi</i> | | BC <i>Heidi</i> | | | |
| 4:30pm | BC <i>Zach/Chris</i> | | BC <i>Zach/Chris</i> | | | |
| 5:45pm | | BC <i>Heidi</i> | | BC <i>Alternating Trainer</i> | | |
| 6:00pm | BC <i>Chris</i> | | BC <i>Chris</i> | | | |

Note: All classes are held at the Commerce location in the Functional Fitness Area

CLASS SCHEDULE KEY:

BC = Boot Camp
KB- Kettle Bell
Express- 45 mins /Extended- 1.5 hour
Extended