

Boot Camp Schedule – May 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>Heidi</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