

Boot Camp Schedule – DECEMBER 2018



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

Note: To book your sessions, you must first join the program with a Membership Coordinator. Visit www.myiclubonline.com to register and gain access to scheduling. You may schedule your Boot Camp sessions up to two weeks in advance but must do so 24 hours prior to your session. Thank you for being a part of World Gym Boot Camps!

CLASS SCHEDULE KEY:

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