



0800 048 8742

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.00am – 7.00am Bootcamp		6.00am – 7.00am Bootcamp		6.00am – 7.00am Bootcamp		8.30am – 9.30am Bootcamp
9.30am – 10.30am Bootcamp		9.30am – 10.30am Bootcamp		9.30am – 10.30am Bootcamp		9.30am – 10.30am Bootcamp
						10.30am – 11.30am Nutrition & Body Stats †
5.30pm – 6.30pm Bootcamp		5.30pm – 6.30pm Bootcamp		5.30pm – 6.30pm Bootcamp		
6.30pm – 7.30pm Bootcamp	6.00pm – 7.00pm Bootcamp	6.30pm – 7.30pm Bootcamp	6.00pm – 7.00pm Bootcamp	6.30pm – 7.30pm Bootcamp		
7.30pm – 8.30pm Bootcamp	7.00pm – 8.00pm Steady Start Bootcamp	7.30pm – 8.30pm Bootcamp	7.00pm – 8.00pm Steady Start Bootcamp			
	8.00pm – 9.00pm Strength & Conditioning		8.00pm – 9.00pm Strength & Conditioning			†Every two weeks



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