












CLASS SCHEDULE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM – 6:15AM	 BOOTCAMP CLEVELAND	 BOOTCAMP CLEVELAND	 BOOTCAMP CLEVELAND	 BOOTCAMP CLEVELAND	 BOOTCAMP CLEVELAND	
	ep CIRCUIT CAPALABA	ep STRENGTH CAPALABA	ep MUAY THAI CAPALABA	ep CIRCUIT CAPALABA	ep CONDITIONING CAPALABA	
6:30AM – 7:15AM						 BOOTCAMP G.J WALTER PARK
						ep CIRCUIT CHALLENGE
7:30AM – 7:50AM						 EXTREME SESSION
9:00AM – 10:00AM		 BOOTCAMP CLEVELAND	 BOOTCAMP CLEVELAND		 BOOTCAMP CLEVELAND	
5:00PM – 6:00PM		 BOOTCAMP CLEVELAND				
5:30PM – 6:15PM	ep CONDITIONING CAPALABA	ep MUAY THAI CAPALABA	ep CONDITIONING CAPALABA	ep STRENGTH CAPALABA	ep MUAY THAI CAPALABA	
6:30PM – 7:15PM	ep CIRCUIT CAPALABA	ep STRENGTH CAPALABA	ep MUAY THAI CAPALABA	ep CIRCUIT CAPALABA	ep CONDITIONING CAPALABA	