

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)	Mat 1 (L)	Mat 2 (R)
JERRABOMBERRA OUTDOOR/INDOOR BOOTCAMP 06:00-06:45				JERRABOMBERRA OUTDOOR/INDOOR BOOTCAMP 06:00-06:45				JERRABOMBERRA OUTDOOR/INDOOR BOOTCAMP 06:00-06:45			
5 INDOOR 0 BOOTCAMP 06:00-06:45		INDOOR BOOTCAMP 06:00-06:45		INDOOR BOOTCAMP 06:00-06:45		INDOOR BOOTCAMP 06:00-06:45		INDOOR BOOTCAMP 06:00-06:45			
CARDIO 5 BOXING 06:50-7:35		CARDIO BOXING 06:50-7:35		CARDIO BOXING 06:50-7:35		CARDIO BOXING 06:50-7:35		CARDIO BOXING 06:50-7:35			
5 0 5	-										INDOOR BOOTCAMP 08:00 - 08:30
5 0 5											CARDIO BOXING 08:30-9:15
FLEX 10:00-10:30		INDOOR BOOTCAMP		CARDIO BOXING		INDOOR BOOTCAMP		INDOOR BOOTCAMP			FLEX 09:20-10:05
0 5 0		10:00 - 10:30		10:00-10:30		10:00 - 10:30		10:00 - 10:30			
5 0 5 0											
5		INDOOR BOOTCAMP				CARDIO BOXING					
D 5 D		12:30 - 13:00				12:30-13:00					
5											
5 0 5	CARDIO BOXING 17:10-17:55		INDOOR BOOTCAMP 17:10 - 17:55		FLEX 17:10-17:55		CARDIO BOXING 17:10-17:55				