



health & fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6am					
7am					
8am					
9am					
10am					
11am					
12pm	<i>Bootcamp</i> 1230 - 115		<i>Bootcamp</i> 1230 - 115		<i>Bootcamp</i> 1230 - 115
	<i>Abs</i> 1230 - 1245	<i>Abs</i> 1230 - 1245	<i>Abs</i> 1230 - 1245	<i>Abs</i> 1230 - 1245	<i>Abs</i> 1230 - 1245
1pm					
2pm					
3pm					
4pm					
5pm	<i>Cardio Box</i> 530 - 630		<i>Cardio Box</i> 530 - 630		
6pm					
7pm					
8pm					