Bfit Bootcamp

February

S	M	T	W	Th	F	S
	Amy		Brandon	Jen		
					1	2 Bootcamp Group X Room
3	4 Cycle 30m (cycle room) Core 30m (Yoga room)	5	6 Bootcamp (GYM) 45m	7 Strength Training Group X Room 60m	8	9 Bootcamp Group X Room
10	11 Cycle 30m (cycle room) Core 30m (Yoga room)	12	13 Bootcamp (GYM) 45m	14 Strength Training Group X Room 60m	15	16 Bootcamp Group X Room
17	18 Cycle 30m (cycle room) Core 30m (Yoga room)	19	20 Bootcamp (GYM) 45m	21 Strength Training Group X Room 60m	22	23 Bootcamp Group X Room
24	25 Cycle 30m (cycle room) Core 30m (Yoga room)	26	27 Bootcamp (GYM) 45m	27 Strength Training Group X Room 60m		

March

S	M	T	W	Th	F	S
	Amy		Brandon	Jen		
					1	2 Bootcamp Group X Room
3	4 Cycle 30m (cycle room) Core 30m (Yoga room)	5	6 Bootcamp (GYM) 45m	7 Strength Training Group X Room 60m	8	9 Bootcamp Group X Room
10	11 Cycle 30m (cycle room) Core 30m (Yoga room)	12	13 Bootcamp (GYM) 45m	14 Strength Training Group X Room 60m	15	16 Bootcamp Group X Room
17	18 Cycle 30m (cycle room) Core 30m (Yoga room)	19	20 Bootcamp (GYM) 45m	21 Strength Training Group X Room 60m	22	23 Bootcamp Group X Room
24	25 Cycle 30m (cycle room) Core 30m (Yoga room)	26	27 Bootcamp (GYM) 45m	28 Strength Training Group X Room 60m	29	30 ***B-FIT Finale*** ★
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