

August



2017



NOTES

KBC - Kingston Bootcamp#
BBC - Beginners Bootcamp#
HBC - Hobart Bootcamp#
OCR - Obstacle Training#
TRA - Trail Running#
AGE - Aged Care Exercise
FRE - FREE Bootcamp

#Please register online prior to attending classes

CONTACT

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 31 6AM KBC Tarremah Hall % 6:30PM KBC/BBC Tarremah Hall %	1 10AM AGE Blckmans Bay Hall	2 6AM KBC Tarremah Hall 7:00PM KBC/BBC Taremah Hall	3 10AM AGE Blckmans Bay Hall	4 6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	5	6 8AM TRA #14* 10AM OCR
WEEK 2 7 6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	8 10AM AGE Blckmans Bay Hall	9 6AM KBC Tarremah Hall 6:30PM KBC/BBC @ South. C.College	10 10AM AGE Blckmans Bay Hall	11 6AM KBC Tarremah Hall 6:30PM KBC/BBC @ South. C.College	12	13 8AM TRA #15* 10AM OCR
WEEK 3 14 6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	15 10AM AGE Blckmans Bay Hall	16 6AM KBC Tarremah Hall 7:00PM KBC/BBC Taremah Hall	17 10AM AGE Blckmans Bay Hall	18 6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	19	20 8AM TRA #16* 10AM OCR
WEEK 4 21 6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	22 10AM AGE Blckmans Bay Hall	23 6AM KBC Tarremah Hall 7:00PM KBC/BBC Taremah Hall	24 10AM AGE Blckmans Bay Hall	25 6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	26 SA* SPARTAN COMBO 	27 8AM TRA #17* 10AM OCR
WEEK 5 28 6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	29 10AM AGE Blckmans Bay Hall	30 6AM KBC Tarremah Hall 7:00PM KBC/BBC Taremah Hall	31 10AM AGE Blckmans Bay Hall	1 6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	2	3 TAS* ROSS MARATHON
4	5	6	7	8	9	10

% Testing @ Change of location ^ Cancelled session * Tazfit Races