

December



2018



NOTES

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

#Please register online prior to attending classes

CONTACT

W: www.tazfitgroup.com
 E: tazfitgroup.com
 M: 0419 992 007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
26	27	28	29	30	1	2	
WEEK 1	3	4	5	6	7	8	9
6:00am KBC % 6:30pm BBC % 6:30pm KBC %	10:00am AGE	6:00am KBC 6:30pm BBC 6:30pm KBC	10:00am AGE	6:00am KBC 6:30pm BBC 6:30pm KBC			
WEEK 2	10	11	12	13	14	15	16
6:00am KBC 6:30pm BBC 6:30pm KBC	10:00am AGE	6:00am KBC 6:30pm BBC 6:30pm KBC	10:00am AGE AGE XMAS LUNCH	6:00am KBC 6:30pm BBC 6:30pm KBC			SKIRMISH 
WEEK 3	17	18	19	20	21	22	23
6:00am KBC 6:30pm BBC 6:30pm KBC	10:00am AGE	6:00am KBC 6:30pm BBC 6:30pm KBC	10:00am AGE	6:00am BBC/KBC 6:30pm BBC CXL 6:30pm KBC CXL	XTMAS BREAK	XTMAS BREAK	
24	25	26	27	28	29	30	
XTMAS BREAK		XTMAS BREAK	XTMAS BREAK	XTMAS BREAK	XTMAS BREAK	XTMAS BREAK	
31	1	2	3	4	5	6	
XTMAS BREAK	NEW YEARS BREAK	NEW YEARS BREAK	NEW YEARS BREAK	NEW YEARS BREAK	NEW YEARS BREAK	TAZFIT RESUMES MON 7 JAN 2019	

% Testing ~ AM KBC at Kingston Beach Oval ~ PM BBC/KBC at Tarremah Oval ~ AGE at Blackmans Bay Community Hall