

# July



# 2018



## 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

W: [www.tazfitgroup.com](http://www.tazfitgroup.com)  
E: [tazfitgroup.com](mailto:tazfitgroup.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25 NO BOOTCAMP RECOVERY DAY	26 10AM AGE	27 NO BOOTCAMP RECOVERY DAY	28 10:00am AGE	29 NO BOOTCAMP RECOVERY DAY	30	1 HAPPY NEW FINANCIAL YEAR!
2 6AM KBC 6:30PM BBC/KBC	3 10:00am AGE	4 6:00am KBC 6:30pm BBC 6:30pm KBC	5 10:00am AGE	6 6:00am KBC 6:30pm BBC 6:30pm KBC	7	8 8AM TRA #10 10AM OCR  
WEEK 1 9 6:00am KBC % 6:30pm BBC % 6:30pm KBC %	10 10:00am AGE	11 6:00am KBC 6:30pm BBC 6:30pm KBC	12 10:00am AGE	13 6:00am KBC 6:30pm BBC 6:30pm KBC	14	15 8AM TRA #11 10AM OCR  
WEEK 2 16 6:00am KBC 6:30pm BBC 6:30pm KBC	17 10:00am AGE	18 6:00am KBC 6:30pm BBC 6:30pm KBC	19 10:00am AGE	20 6:00am KBC 6:30pm BBC 6:30pm KBC	21	22 8AM TRA #12 10AM OCR  
WEEK 3 23 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	24 10:00am AGE 12:00pm FREE BC	25 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	26 10:00am AGE 12:00pm FREE BC	27 6:00am KBC 6:30pm BBC 6:30pm KBC	28	29 8AM TRA #13 10AM OCR  
WEEK 4 30 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	31 10:00am AGE 12:00pm FREE BC	1 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	2 10:00am AGE 12:00pm FREE BC	3 6:00am KBC 6:30pm BBC 6:30pm KBC	4	5 8AM TRA #14 10AM OCR  

% Testing ~ BBC/KBC at Tarremah Hall ~ FREE BC at St David's Park, Hobart ~ AGE @ Blackmans Bay Community Hall