

March



2019



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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	1	2	3 TAS BEACHES RUN
WEEK 1 4	5	6	7	8	9	10
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 11	12	13	14	15	16	17
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 3 18	19	20	21	22	23	24
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 4 25	26	27	28	29	30	31
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		
1	2	3	4	5	6	7

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