

November



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
30	31	1	2	3	4	5
WEEK 1 6	7	8	9	10	11	12
6AM KBC Kingston Beach Oval % 6:30PM KBC/BBC Old Kngstn High %	10AM AGE Blckmans Bay Hall	6AM KBC Kingston Beach Oval 6:30PM KBC/BBC Old Kngstn High	10AM AGE Blckmans Bay Hall	6AM KBC Kingston Beach Oval 6:30PM KBC/BBC Old Kngstn High		8AM TRA #26* 10AM P2P Session 
WEEK 2 13	14	15	16	17	18	19
6AM KBC Kingston Beach Oval 6:30PM KBC/BBC Old Kngstn High	10AM AGE Blckmans Bay Hall	6AM KBC Kingston Beach Oval 6:30PM KBC/BBC Old Kngstn High	10AM AGE Blckmans Bay Hall	6AM KBC Kingston Beach Oval 6:30PM KBC/BBC Old Kngstn High		TAS* POINT2PINNACLE 
WEEK 3 20	21	22	23	24	25	26
6AM KBC Kingston Beach Oval 6:30PM KBC/BBC Old Kngstn High	10AM AGE Blckmans Bay Hall	6AM KBC Kingston Beach Oval 6:30PM KBC/BBC Old Kngstn High	10AM AGE Blckmans Bay Hall	6AM KBC Kingston Beach Oval 6:30PM KBC/BBC Old Kngstn High		8AM TRA #27* 10AM OCR 
WEEK 4 27	28	29	30	1	2	3
6AM KBC Kingston Beach Oval 6:30PM KBC/BBC Old Kngstn High	10AM AGE Blckmans Bay Hall	6AM KBC Kingston Beach Oval 6:30PM KBC/BBC Old Kngstn High	10AM AGE Blckmans Bay Hall	6AM KBC Kingston Beach Oval 6:30PM KBC/BBC Old Kngstn High	TAS* BRUNY ULTRA 	
4	5	6	7	8	9	10

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