

# October



# 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
25	26	27	28	29	30	1
<b>WEEK 1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
6AM KBC Tarremah Hall % 6:30PM KBC/BBC Tarremah Hall %	10AM AGE Blckmans Bay Hall	6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	10AM AGE Blckmans Bay Hall	6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall		8AM TRA #21* 10AM OCR  
<b>WEEK 2</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	10AM AGE Blckmans Bay Hall	6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	10AM AGE Blckmans Bay Hall	6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall		8AM TRA #22* 10AM OCR  
<b>WEEK 3</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	10AM AGE Blckmans Bay Hall	6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	10AM AGE Blckmans Bay Hall	6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall		<b>COMPETITION (NO TRAILS)</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>COMPETITION (NO BOOTCAMP)</b>	<b>COMPETITION (NO BOOTCAMP)</b>	<b>COMPETITION (NO BOOTCAMP)</b>	<b>COMPETITION (NO BOOTCAMP)</b>	<b>COMPETITION (NO BOOTCAMP)</b>		8AM TRA #24* 10AM OCR  
<b>WEEK 4</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	10AM AGE Blckmans Bay Hall	6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall	10AM AGE Blckmans Bay Hall	6AM KBC Tarremah Hall 6:30PM KBC/BBC Taremah Hall		8AM TRA #25* 10AM OCR  

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