

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
WEEK 1	2	3	4	5	6	7
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  
WEEK 2	9	10	11	12	13	14
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  
WEEK 3	16	17	18	19	20	21
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		COMPETITION (NO TRAILS)
23	24	25	26	27	28	29
COMPETITION (NO BOOTCAMP)	COMPETITION (NO BOOTCAMP)	COMPETITION (NO BOOTCAMP)	COMPETITION (NO BOOTCAMP)	COMPETITION (NO BOOTCAMP)		8AM TRA #24* 10AM OCR  
WEEK 4	30	31	1	2	3	4
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