

April



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

W: www.tazfitgroup.com
 E: tazfitgroup.com
 M: 0419 992 007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 1 6:00am KBC % 6:30pm BBC % 6:30pm KBC %	2 10:00am AGE	3 6:00am KBC 6:30pm BBC 6:30pm KBC	4 10:00am AGE	5 6:00am BBC/KBC 6:30pm BBC 6:30pm KBC	6	7 TAS TRAIL 1 TAZFIT TRAIL SERIES
WEEK 2 8 6:00am KBC 6:30pm BBC 6:30pm KBC	9 10:00am AGE	10 6:00am KBC 6:30pm BBC 6:30pm KBC	11 10:00am AGE	12 6:00am BBC/KBC* 6:30pm BBC 6:30pm KBC <small>*Kingston Beach Oval</small>	13	14 TAS ROSS RUNNING FESTIVAL
WEEK 3a 15 6:00am KBC 6:30pm BBC 6:30pm KBC	16 10:00am AGE	17 6:00am KBC 6:30pm BBC 6:30pm KBC	18 EASTER BREAK	19 EASTER BREAK	20 EASTER BREAK	21 EASTER BREAK
WEEK 3b 22 EASTER BREAK	23 EASTER BREAK	24 6:00am KBC 6:30pm BBC 6:30pm KBC	25 10:00am AGE	26 6:00am KBC 6:30pm BBC 6:30pm KBC	27	28
WEEK 4 29 6:00am KBC 6:30pm BBC 6:30pm KBC	30 10:00am AGE	1 6:00am KBC 6:30pm BBC 6:30pm KBC	2 10:00am AGE	3 6:00am KBC 6:30pm BBC 6:30pm KBC	4	5 TAS TRAIL 2 TAZFIT TRAIL SERIES
6	7	8	9	10	11	12
NEW BLOCK STARTS 6 MAY 2019						

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