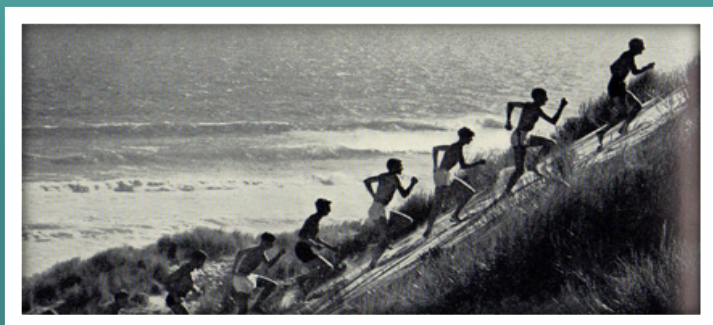


February



2019



NOTES

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
28	29	30	31	1	2	3
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	TAS 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		BRIDGE RUN
WEEK 3 18	19	20	21	22	23	TAS 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		DRAGONBOAT
WEEK 4 25	26	27	28	1	2	3
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		
4	5	6	7	8	9	10

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