

June



2019



NOTES

KBC - Kingston Bootcamp
 BBC - Beginners Bootcamp
 OCR - Obstacle Training
 TRA - Trail Running
 AGE - Aged Care Exercise

"Please register and make payment via Paypal/EFT prior to attending classes"

CONTACT

W: www.tazfitgroup.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27 6:00am KBC 6:30pm BBC 6:30pm KBC	28 10:00am AGE	29 6:00am KBC 6:30pm BBC 6:30pm KBC	30 10:00am AGE	31 6:00am KBC 6:30pm BBC 6:30pm KBC	1	2 TAS 9:00am TRA Trail #3
WEEK 1 3 6:00am KBC % 6:30pm BBC % 6:30pm KBC %	4 10:00am AGE	5 6:00am KBC 6:30pm BBC 6:30pm KBC	6 10:00am AGE	7 6:00am KBC 6:30pm BBC 6:30pm KBC	8 *Final Trail Event tomorrow -->	9 TAS* 9:00am TRA Trail #4
WEEK 2 10 6:00am KBC 6:30pm BBC 6:30pm KBC	11 10:00am AGE	12 6:00am KBC 6:30pm BBC 6:30pm KBC	13 10:00am AGE	14 6:00am KBC 6:30pm BBC 6:30pm KBC	15	16 TAS 8:00am OCR
WEEK 3 17 6:00am KBC 6:30pm BBC 6:30pm KBC	18 10:00am AGE	19 6:00am KBC 6:30pm BBC 6:30pm KBC	20 10:00am AGE	21 6:00am KBC 6:30pm BBC 6:30pm KBC	22	23 TAS 8:00am OCR
RECOVERY WEEK NO BOOTCAMP 24	25 10:00am AGE	RECOVERY WEEK NO BOOTCAMP 26	27 10:00am AGE	RECOVERY WEEK NO BOOTCAMP 28	29	30 TAS 8:00am OCR
WEEK 4 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 KBC 6:30pm BBC 6:30pm KBC	6	7 TAS 8:00am OCR

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