

November



2018



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

W: www.tazfitgroup.com
E: tazfitgroup.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 29 6:00am KBC % 12:00pm FREE BC 6:30pm BBC % 6:30pm KBC %	30 10:00am AGE 12:00pm FREE BC	31 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	1 10:00am AGE 12:00pm FREE BC	2 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	3 	4 10AM TRA #22*
WEEK 2 5 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	6 10:00am AGE 12:00pm FREE BC	7 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	8 10:00am AGE 12:00pm FREE BC	9 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	10 	11 10AM TRA #23*
WEEK 3 12 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	13 10:00am AGE 12:00pm FREE BC	14 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	15 10:00am AGE 12:00pm FREE BC	16 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	17 	18 TAS* POINT2PINNACLE
WEEK 4 19 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	20 10:00am AGE 12:00pm FREE BC	21 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	22 10:00am AGE 12:00pm FREE BC	23 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	24 	25 10AM TRA #24*
WEEK 5 26 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	27 10:00am AGE 12:00pm FREE BC	28 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	29 10:00am AGE 12:00pm FREE BC	30 6:00am KBC 12:00pm FREE BC 6:30pm BBC 6:30pm KBC	1 TAS* BRUNY ULTRA 	2
DECEMBER BOOTCAMP STARTS (3 WEEK BLOCK) 3	4	5	6	7	8	9

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