

September



2019










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
26 6:00am KBC 6:30pm BBC 6:30pm KBC	27 10:00am AGE	28 6:00am KBC 6:30pm BBC 6:30pm KBC	29 10:00am AGE	30 6:00am KBC 6:30pm BBC 6:30pm KBC	31	1
WEEK 1 2 6:00am KBC % 6:30pm BBC % 6:30pm KBC %	3 10:00am AGE	4 6:00am KBC 6:30pm BBC 6:30pm KBC	5 10:00am AGE	6 6:00am KBC 6:30pm BBC 6:30pm KBC	7 8:00am OCR 	8 TRAIL RUN 
WEEK 2 9 6:00am KBC 6:30pm BBC 6:30pm KBC	10 10:00am AGE	11 6:00am KBC 6:30pm BBC 6:30pm KBC	12 10:00am AGE	13 6:00am KBC 6:30pm BBC 6:30pm KBC	14 8:00am OCR 	15 CRANKE FUN RUN 
WEEK 3 16 6:00am KBC 6:30pm BBC 6:30pm KBC	17 10:00am AGE	18 6:00am KBC 6:30pm BBC 6:30pm KBC	19 10:00am AGE	20 6:00am KBC 6:30pm BBC 6:30pm KBC	21 8:00am OCR 	22 TRAIL RUN 
WEEK 4 23 6:00am KBC 6:30pm BBC 6:30pm KBC	24 10:00am AGE	25 6:00am KBC 6:30pm BBC 6:30pm KBC	26 10:00am AGE	27 6:00am KBC 6:30pm BBC 6:30pm KBC	28 8:00am OCR 	29 TRAIL RUN 
30	1	2	3	4	5	6

OCT BOOTCAMP STARTS

30 SEP 2019

% Testing ~ BBC/KBC at Tarremah Hall ~ FREE BC at St David's Park, Hobart ~ AGE @ Blackmans Bay Community Hall