

# November



# 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](http://www.tazfitgroup.com)  
 E: [tazfitgroup.com](mailto:tazfitgroup.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 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 10:00am AGE	1 6:00am KBC 6:30pm BBC 6:30pm KBC	2 OCR 	3
WEEK 2 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 10:00am AGE	8 6:00am KBC 6:30pm BBC 6:30pm KBC	9 OCR 	10
WEEK 3 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 10:00am AGE	15 6:00am KBC 6:30pm BBC 6:30pm KBC	16 OCR 	17 TAS* POINT2PINNACLE 
WEEK 4 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 10:00am AGE	22 6:00am KBC 6:30pm BBC 6:30pm KBC	23 OCR 	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

% Testing ~ KBC (AM) Kingston Beach Oval ~ BBC/KBC (PM) Tarremah School Oval ~ AGE Blackmans Bay Community Hall