

<i>Times</i>	<i>Motivation Monday</i>	<i>Tone up Tuesday</i>	<i>Weight Lift Wednesday</i>	<i>Get Tight Thursday</i>	<i>Fired Up Friday</i>	<i>Sweaty Saturday</i>	<i>Be Strong Sunday</i>
5:00AM 1 Hour	BOOTCAMP (Lance)	BOOTCAMP (Elijah)	BOOTCAMP (Lance)	BOOTCAMP (John)	BOOTCAMP (Lance)	CLOSED	CLOSED
6:00 AM	BOOTCAMP (Lance)	BOOTCAMP (Elijah)	BOOTCAMP (Joel)	BOOTCAMP (John)	BOOTCAMP (Lance)	CLOSED	CLOSED
8:00 AM	CLOSED	BOOTCAMP (Elijah)	CLOSED	BOOTCAMP (Kymaal)	CLOSED	7:30 AM 1 Hour (Elijah)	8:30 AM 1 Hour (Kymaal)
9:30 AM 1 Hour	BOOTCAMP (Elijah)	BOOTCAMP (Elijah)	BOOTCAMP (Bradley)	BOOTCAMP (Kymaal)	BOOTCAMP (Lance)	9:00 AM 1 Hour (Kymaal)	10:00 AM 1 Hour (Kymaal)
12:00PM	CLOSED	BOOTCAMP (Elijah)	CLOSED	BOOTCAMP (Elijah)	CLOSED	10:30AM 1 Hour (Kymaal)	CLOSED
BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	CLOSED	CLOSED
4:15 PM	BOOT CAMP (Elijah)	CLOSED	BOOTCAMP (Kymaal)	CLOSED	CLOSED	CLOSED	CLOSED
5:00 PM	BOOTCAMP (Lance)	BOOTCAMP (Lance)	BOOTCAMP (Kymaal)	BOOTCAMP (Lance)	BOOTCAMP (Elijah)	CLOSED	CLOSED
5:30 PM	BOOTCAMP (Lance)	BOOTCAMP (Lance)	BOOTCAMP (Kymaal)	BOOTCAMP (Joel)	BOOTCAMP (Elijah)	CLOSED	CLOSED
6:00 PM	BOOTCAMP (Lance)	BOOTCAMP (Bradley)	BOOTCAMP (Bradley)	BOOTCAMP (Joel)	BOOTCAMP (Elijah)	CLOSED	CLOSED
7:00 PM 1 Hour	BOOTCAMP (Kymaal)	BOOTCAMP (Bradley)	BOOTCAMP (Bradley)	BOOTCAMP (Joel)	CLOSED	CLOSED	CLOSED
8:00 PM	BOOTCAMP (Kymaal)	BOOTCAMP (Bradley)	BOOTCAMP (Bradley)	BOOTCAMP (Elijah)	CLOSED	CLOSED	CLOSED