

# Fit Body Boot Camp Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 a.m.	Lance	Eric	Lance	Stephen	Lance		
6 a.m.	Lance (30)	Eric (30)	Lance (30)	Stephen (30)	Lance (30)		
7:30 a.m.						Eric	
8:00 a.m.		Enrico (30)		Enrico (30)			
8:30 a.m.							Eric
9 a.m.						Bernadette	
9:30 a.m.	Enrico (30)	Lance	Nanette	Lance	Enrico (30)		
10 a.m.	Enrico (30)				Enrico (30)		Eric
10:30 a.m.						Enrico	
12 p.m.	Lance (30)	Lance (30)	Lance (30)	Enrico (30)	Lance (30)		
4 PM	Enrico (30)		Enrico (30)				
5 p.m.	Lance (30)	Lance (30)	Nanette (30)	Lance (30)	Lance (30)		
5:30 p.m.	Lance(30)	Enrico (30)	Nanette (30)	Bernadette (30)	Enrico (30)		
6:00PM	Lance(30)	Enrico (30)	Nanette (30)	Bernadette (30)	Enrico (30)		
7 p.m.	Bernadette	Nanette	Stephen	Lance			
8 p.m.	Bernadette (30)	Imani (30)	Stephen (30)	Imani (30)			

(30) – 30-minute session. Other classes are one hour.