



815.459.5309

Boot Camp

Monday

7-8am	Boot Camp (Jake)
1-130pm	Express Boot Camp (Guy)
630-730pm	Boot Camp (Jake)

Tuesday

8-9am	Boot Camp (Guy)
630-730pm	Boot Camp (Jake)

Wednesday

7-8am	Boot Camp (Jake)
1-130pm	Express Boot Camp (Guy)
630-730pm	Boot Camp (Jake)

Thursday

8-9am	Boot Camp (Guy)
630-730pm	Boot Camp (Jake)

Friday

7-8am	Boot Camp (Jake)
1-130pm	Express Boot Camp (Guy)

Saturday

3-4pm	Boot Camp (Juli)
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Sunday

2-3pm	Boot Camp (Jake)
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