

Glastonbury Spring and Summer Schedule

Monday

Plyometric Boot Camp

W/ Kenisha and Carmen

5:30-6:30am

Playground

W/ Doug

9:00-10:00am

ABC 's (Abs, Butt and Cardio Boot camp)

W/ Kenisha

6:00-7:00pm

Tuesday

Boot Camp

W/ Craig

5:30-6:30am

Boot Camp

W/ Craig

8:30-9:30am

Beginner's Boot Camp

W/ Nikki

9:30-10:30am

Boot Camp (outside)

W/ Doug

6:00-7:00pm

Wednesday

Plyometric Boot Camp

W/ Kenisha and Carmen

5:30-6:30am

Playground

W/ Doug

9:00-10:00am

ABC 's (Ab's, Butt and Cardio Boot camp)

W/ Kenisha

6:00-7:00pm

Thursday

Boot Camp

W/ Craig

5:30-6:30am

Boot Camp

W/ Craig

8:30-9:30am

Beginner's Boot Camp

W/ Nikki

9:30-10:30am

ABC's (Abs, Butt, & Cardio)

W/ Kenisha

6:00-7:00pm

Friday

Plyometric Boot Camp

W/ Kenisha and Carmen

5:30-6:30am

Playground

W/ Doug

9:00-10:00am

