



# BOOTCAMP TIMETABLE

## GREENBANK

EFFECTIVE AS OF 3/2/2019

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.30AM						FREE BOOTCAMP
6.00PM	BOXING	BOOTCAMP	TABATA	BOOTCAMP		



### LOCATIONS

**WEEKLY BOOT CAMPS & CLASSES - GREENBANK:** Teviot Downs Soccer Club. 17 Argyle Road, Greenbank

**SATURDAY FREE BOOT CAMP - GREENBANK:** Events lawn, Everleigh Estate, Greenbank

**BOOTCAMP (60mins):** Outdoor innovative functional training which works your cardio, core and physical fitness like no other.

**TABATA (30mins):** An intense and exciting class which is designed to burn fat and tone up while giving you a full body workout.

**BOXING (45mins):** An intense fitness boxing class.