

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOOT CAMP 6.15AM WITH LISA		BOOT CAMP 6.15AM WITH LISA		BOOT CAMP 6.15AM WITH TOPSY/LISA	
BOOT CAMP 9.15AM WITH LISA	BOOT CAMP 9.15AM WITH TOPSY	BOOT CAMP 9.15AM WITH TOPSY	BOOT CAMP 9.15AM WITH TOPSY	BOOT CAMP 9.15AM WITH TOPSY/LISA	BOOT CAMP 8.30AM WITH TOPSY/LISA
BUGGY BOOT CAMP 10.30AM WITH DONNA					
BOOT CAMP 6.30PM WITH LISA	BEGINNERS BOOT CAMP 6.30PM WITH LISA - SPARTAN FIT 6.30PM WITH TOPSY	BOOT CAMP 6.30PM WITH TOPSY	BEGINNERS BOOT CAMP 6.30PM WITH LISA - SPARTAN FIT 6.30PM WITH TOPSY		



INNOVATIONS FITNESS