

#CAMERON# FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 - 9:00 AM						BEACH BOOTCAMP (PIER)
9:00 - 10:00 AM	BEACH BOOTCAMP (PIER)	YOGA & STRENGTH FUSION (STUDIO)	BEACH BOOTCAMP (PIER)		BEACH BOOTCAMP (PIER)	
11:30 AM - 12 PM	LUNCH CRUNCH HIIT TRAINING (STUDIO)		LUNCH CRUNCH HIIT TRAINING (STUDIO)		LUNCH CRUNCH HIIT TRAINING (STUDIO)	
5:00 - 6:00 PM	STRENGTH TRAINING (STUDIO)	BEACH BOOTCAMP (PIER)	STRENGTH TRAINING (STUDIO)	BEACH BOOTCAMP (PIER)	STRENGTH TRAINING (STUDIO)	
6:00 - 7:00 PM		BEACH BOOTCAMP (PIER)	YOGA (STUDIO) 6:10 - 7:00	BEACH BOOTCAMP (PIER)	YOGA (STUDIO) 6:10 - 7:00	