

#CAMERON FITNESS

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---|--------------------------|---|--------------------------|---|--------------------------|--------|
| 8:00 - 9:00 AM | | | | | | BEACH BOOTCAMP (PIER) | |
| 9:00 - 10:00 AM | BEACH BOOTCAMP (PIER) | YOGA (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 | | | YOGA (STUDIO) 6:10 - 7:00 | | YOGA (STUDIO) 6:10 - 7:00 | | |