



2011

Boot Camp - August

Teacher and Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Jessi - 6:15 PM Cardio/Strength	2 Amanda- 6:15AM Amanda - 6:15 PM Power	3 Jessi - 6:15 PM Strength	4 Amanda - 6:15 AM Sheryl - 6:15 PM Cardio/Strength	5 Brian- 6:15 PM Power	6 Brian - 9:30 AM Strength
7	8 Amanda - 6:15 PM Strength	9 Amanda - 6:15 AM Jessi - 6:15 PM Cardio/Strength	10 Jessi - 6:15 PM Power	11 Amanda - 6:15 AM Sheryl- 6:15 PM Strength	12 Brian - 6:15 PM Strength	13 Jessi - 9:30 AM Power
14	15 Amanda - 6:15 PM Power	16 Amanda- 6:15 AM Brian - 6:15 PM Strength	17 Jessi - 6:15 PM Strength	18 Brian - 6:15 AM Sheryl - 6:15 PM Power	19 Brian - 6:15 PM Cardio/Strength	20 Mellie- 9:30 AM Cardio/Strength
21	22 Amanda - 6:15 PM Strength	23 Amanda- 6:15 AM Jessi - 6:15 PM Power	24 Jessi - 6:15 PM Cardio/Strength	25 Amanda- 6:15 AM Sheryl - 6:15 PM Cardio/Strength	26 Amanda - 6:15 PM Power	27 Amanda - 9:30 AM Strength
28	29 Jessi - 6:15 PM Cardio/Strength	30 Amanda-6:15 AM Brian - 6:15 PM Strength	31 Jessi - 6:15 PM Power	Amanda - 6:15 AM Sheryl - 6:15 PM Cardio/Strength	Amanda - 6:15 PM Strength	Amanda - 9:30 AM Power