



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM				Bootcamp - Boylston			
5:30 AM	Bootcamp - Shrewsbury Bootcamp - Boylston Bootcamp - Hudson	Bootcamp - Boylston Bootcamp - Hudson	Bootcamp - Shrewsbury Bootcamp - Boylston Bootcamp - Hudson	Bootcamp - Hudson	Bootcamp - Shrewsbury Bootcamp - Boylston Bootcamp - Hudson		
6:00 AM		Semi-private - Shrewsbury		Bootcamp - Boylston		Bootcamp - Boylston	
6:30 AM	Tabata - Boylston Bootcamp - Hudson	Bootcamp - Boylston Bootcamp - Hudson	Metcon30 - Boylston Bootcamp - Hudson	Metcon30 - Hudson	Semi Private - Boylston Bootcamp - Hudson	Bootcamp - Hudson	
7:00 AM	Bootcamp - Shrewsbury	Semi-private - Shrewsbury	Bootcamp - Shrewsbury		Bootcamp - Shrewsbury	AMP - Shrewsbury Bootcamp - Boylston Bootcamp - Hudson	Bootcamp - Boylston Bootcamp - Hudson
8:00 AM	Bootcamp - Hudson	Bootcamp - Hudson	Bootcamp - Hudson	Bootcamp - Hudson	Bootcamp - Hudson	Bootcamp - Boylston Bootcamp - Hudson	Hard Core - Shrewsbury Bootcamp - Boylston Bootcamp - Hudson
8:15 AM						Bootcamp - Shrewsbury	
9:00 AM	Bootcamp - Boylston Bootcamp - Hudson	Bootcamp - Boylston Bootcamp - Hudson	Bootcamp - Boylston Bootcamp - Hudson	Bootcamp - Boylston Bootcamp - Hudson	Bootcamp - Shrewsbury HIITY Bitty - Boylston Bootcamp - Hudson	Bootcamp - Boylston Bootcamp - Hudson	Bootcamp - Boylston Bootcamp - Hudson
9:15 AM							Bootcamp - Shrewsbury
9:30 AM	Bootcamp - Shrewsbury	Bootcamp - Shrewsbury	Bootcamp - Shrewsbury			Kettlebells - Shrewsbury	
10:00 AM	Metcon30 - Hudson	HardCore - Boylston			Bootcamp - Shrewsbury	Bootcamp - Boylston Bootcamp - Hudson	Bootcamp - Boylston



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15 AM							Bootcamp - Shrewsbury
10:30 AM						TSC - Open Gym - Shrewsbury	FitKids - Hudson
12:30 PM						FitKids - Boylston	HardCore - Boylston
2:30 PM							StrongGirls Bootcamp - Boylston
3:30 PM							Bootcamp - Boylston
4:00 PM	Bootcamp - Boylston	Bootcamp - Boylston	Bootcamp - Boylston	Bootcamp - Boylston	Bootcamp - Boylston		
4:30 PM	Bootcamp - Hudson		Bootcamp - Hudson	Bootcamp - Hudson			
5:15 PM	Bootcamp - Shrewsbury Bootcamp - Boylston	Bootcamp - Boylston	Bootcamp - Shrewsbury	Bootcamp - Shrewsbury Bootcamp - Boylston	Bootcamp - Shrewsbury		
5:30 PM	Bootcamp - Hudson	Bootcamp - Hudson	Bootcamp - Hudson AMP - Boylston	Bootcamp - Hudson	Bootcamp - Hudson		
6:00 PM		Boxing - Shrewsbury					
6:30 PM	Bootcamp - Shrewsbury HardCore - Hudson	Bootcamp - Boylston Kettlebells - Hudson	Bootcamp - Shrewsbury Metcon30 - Boylston Bootcamp - Hudson	Kettlebells - Shrewsbury Bootcamp - Boylston HIITY BITTY - Hudson	Strikefit - Shrewsbury		
7:00 PM			Semi Private - Boylston				
7:15 PM		TSC - Open Gym - Hudson					
7:30 PM	Bootcamp - Shrewsbury	HIITY BITTY, 140, Boylston	Bootcamp - Shrewsbury	TSC - Open Gym - Shrewsbury			