



BOOTCAMP FEB / MAR 2020

WEEK 1	TYPE	DATE	TIME	LOCATION
SESSION 1	"NRG FIT"	MON 3RD FEB	6.30PM - 7.30PM	SARGE'S BARRACKS - 87 COLBY DRIVE, BELGRAVE HEIGHTS
SESSION 2	GYM BOOT	WED 5TH FEB	7PM - 8PM	SARGE'S BARRACKS - 87 COLBY DRIVE, BELGRAVE HEIGHTS
WEEK 2	TYPE	DATE	TIME	LOCATION
SESSION 3	"NRG FIT"	MON 10TH FEB	6.30PM - 7.30PM	SARGE'S BARRACKS - 87 COLBY DRIVE, BELGRAVE HEIGHTS
SESSION 4	BOX & BATTLE	WED 12TH FEB	7PM - 8PM	SARGE'S BARRACKS - 87 COLBY DRIVE, BELGRAVE HEIGHTS
SESSION 5	NIGHT WALK	FRI 14TH FEB	6.30PM	VALENTINES NIGHT WALK BRING YOUR PARTNER
WEEK 3	TYPE	DATE	TIME	LOCATION
SESSION 6	"NRG FIT"	MON 17TH FEB	6.30PM - 7.30PM	SARGE'S BARRACKS - 87 COLBY DRIVE, BELGRAVE HEIGHTS
SESSION 7	BATTLE FATIGUE	WED 19TH FEB	7PM - 8PM	BIRDSLAND MEET INSIDE AT BBQ AREA
WEEK 4	TYPE	DATE	TIME	LOCATION
SESSION 8	"NRG FIT"	MON 24TH FEB	6.30PM - 7.30PM	SARGE'S BARRACKS - 87 COLBY DRIVE, BELGRAVE HEIGHTS
SESSION 9	BOX & BATTLE	WED 26TH FEB	7PM - 8PM	SARGE'S BARRACKS - 87 COLBY DRIVE, BELGRAVE HEIGHTS
SESSION 10	TRIATHLON	SAT 29TH FEB	8.30AM	LYSTERFIELD LAKE. HORSWOOD RD
WEEK 5	TYPE	DATE	TIME	LOCATION
SESSION 11	"NRG FIT"	MON 2ND MAR	6.30PM - 7.30PM	SARGE'S BARRACKS - 87 COLBY DRIVE, BELGRAVE HEIGHTS
SESSION 12	GYM BOOT	WED 4TH MAR	7PM - 8PM	SARGE'S BARRACKS - 87 COLBY DRIVE, BELGRAVE HEIGHTS

"WELL DONE YOU MADE IT" !!!!!

