

BOOTCAMP

Let's Begin



Step outside your comfort zone and commit to investing time in yourself. Sweat, move and grow through our 6 week Bootcamp program. Improve your fitness, strength and endurance in a supportive environment

BOOTCAMP AM - 3 times a week for 6 weeks

Tuesday 6am - 7am

Friday 6am - 7am

Sunday 8am - 9am

Starts October 10 - November 26th

Cost \$225.00 per person

BOOTCAMP PM - 2 times a week for 6 weeks

Monday 6.45pm - 7.45pm

Wednesday 6.45pm - 7.45pm

Starts October 9th - November 22nd

Cost \$150.00 per person

To be paid prior to participation (No refunds for missed classes). Per class payment NOT available.

