



# BOOTCAMP

*timetable*  
**MAY 2021**

DUE TO COVID >  
YOU WILL NEED TO  
BRING YOUR OWN  
MAT & KB OR DB TO  
CLASS

TRAINERS: NIKKI, GINA, VIVIENNE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM			BOOTY & CORE 30 MIN			
6:00AM					FLOW YOGA 60 MIN	7AM 30 MIN METAPWR 7:40AM 30 MIN FOAM ROLL
9:15AM		FIT BODY SHRED 30 MIN 		FIT BODY STRONG 30 MIN 		
6:00PM	FIT BODY STRONG 30 MIN 	METAPWR 30 MIN 		FIT BODY SHRED 30 MIN 		

BOOK YOUR SESSIONS > DOWNLOAD THE PT MINDER APP & SEARCH > FIT BODY BY NIKKI