



# 2018 BOOT CAMP SCHEDULE

brienshamp.com

\* NEW SCHEDULE EFFECTIVE 6/4/18

## BELMONT

Shamp's Studio—  
Belmont Fit Body Boot Camp  
603 Harbor Blvd, Belmont

	M	T	W	T	F	S
	TOTAL BODY	CORE CARDIO	TOTAL BODY	CORE CARDIO	TOTAL BODY	
	5:30-6:15 AM	5:30-6:15 AM	5:30-6:15 AM	5:30-6:05 AM 6:10-6:45 AM	5:30-6:15 AM	<b>SATURDAY:</b> 7:25-8:00 AM
	8:05-8:40 AM	8:05-8:40 AM	8:05-8:40 AM	8:05-8:40 AM	8:05-8:40 AM	8:05-8:40 AM
	8:45-9:20 AM	8:45-9:20 AM	8:45-9:20 AM	8:45-9:20 AM	8:45-9:20 AM	8:45-9:20 AM
	9:30-10:05 AM	9:30-10:05 AM	9:30-10:05 AM	9:30-10:05 AM	9:30-10:05 AM	9:30-10:05 AM
	4:20-4:55 PM	4:20-4:55 PM	4:20-4:55 PM	4:20-4:55 PM	4:20-4:55 PM	<b>SUNDAY</b> Morning Yoga: 9:00-10:15 AM
	5:05-5:40 PM	5:05-5:40 PM	5:05-5:40 PM	5:05-5:40 PM	5:05-5:40 PM	
	5:50-6:25 PM	5:50-6:25 PM	5:50-6:25 PM	5:50-6:25 PM	5:50-6:25 PM	
	6:35-7:10 PM	6:35-7:10 PM	6:35-7:10 PM	6:35-7:10 PM	6:35-7:10 PM	
	7:15-7:50 PM	7:15-7:50 PM	7:15-7:50 PM	7:15-7:50 PM	7:15-7:50 PM	

Belmont Fit Body Boot Camp  
@ San Mateo Gymnastics  
1306 Elmer Street, Belmont

5:25-6:00 AM		5:25-6:00 AM			
6:05-6:40 AM	6:05-6:40 AM	6:05-6:40 AM		6:05-6:40 AM	
6:45-7:20 AM	6:45-7:20 AM	6:45-7:20 AM		6:45-7:20 AM	
7:25-8:00 AM	7:25-8:00 AM	7:25-8:00 AM		7:25-8:00 AM	

## BURLINGAME SAN MATEO

Burlingame Fit Body Boot Camp  
866 N. Delaware Street, San Mateo  
In Woodlake Shopping Center  
(Next to Leslie's Pool & Safeway)

5:25-6:00 AM	5:25-6:00 AM	5:25-6:00 AM	5:25-6:00 AM	5:25-6:00 AM	5:25-6:00 AM	
6:05-6:40 AM	6:05-6:40 AM	6:05-6:40 AM	6:05-6:40 AM	6:05-6:40 AM	6:05-6:40 AM	8:00-8:35 AM
6:45-7:20 AM	6:45-7:20 AM	6:45-7:20 AM	6:45-7:20 AM	6:45-7:20 AM	6:45-7:20 AM	8:40-9:15 AM
7:25-8:00 AM	7:25-8:00 AM	7:25-8:00 AM	7:25-8:00 AM	7:25-8:00 AM	7:25-8:00 AM	* 9:20-9:55 AM
8:20-8:55 AM	8:20-8:55 AM	8:20-8:55 AM	8:20-8:55 AM	8:20-8:55 AM	8:20-8:55 AM	* Foundations Session: slower paced for new members & those with injuries.
9:00-9:35 AM	9:00-9:35 AM	9:00-9:35 AM	9:00-9:35 AM	9:00-9:35 AM	9:00-9:35 AM	
9:40-10:15 AM	9:40-10:15 AM	9:40-10:15 AM	9:40-10:15 AM	9:40-10:15 AM	9:40-10:15 AM	
5:15-5:50 PM	5:15-5:50 PM	5:15-5:50 PM	5:15-5:50 PM	5:15-5:50 PM	5:15-5:50 PM	* 10:00-11:00 AM
5:55-6:30 PM	5:55-6:30 PM	5:55-6:30 PM	5:55-6:30 PM	5:55-6:30 PM	5:55-6:30 PM	* NEXT LEVEL KETTLEBELL COSTS EXTRA \$
6:35-7:10 PM	6:35-7:10 PM	6:35-7:10 PM	6:35-7:10 PM	6:35-7:10 PM	6:35-7:10 PM	

## SAN CARLOS

San Carlos Boot Camp  
828 Chestnut Street, San Carlos  
Park in back long lot across from 811 Chestnut

5:30-6:15 AM	5:30-6:15 AM	5:30-6:15 AM		5:30-6:15 AM	
6:15-7:00 AM	6:15-7:00 AM	6:15-7:00 AM		6:15-7:00 AM	

WE ARE THE BEST PART OF YOUR DAY EVERY DAY!