



2017 BOOT CAMP SCHEDULE

brienshamp.com

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TOTAL BODY

CORE CARDIO

TOTAL BODY

CORE CARDIO

TOTAL BODY

BELMONT

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

5:30-6:20 AM	5:30-6:20 AM	5:30-6:20 AM	5:30-6:20 AM	5:30-6:20 AM	7:30-8:20 AM
8:35-9:25 AM	8:35-9:25 AM	8:35-9:25 AM	7:00-8a YOGA	8:35-9:25 AM	8:30-9:20 AM
9:35-10:25 AM	9:35-10:25 AM	9:35-10:25 AM	8:35-9:25 AM	9:35-10:25 AM	9:30-10:20 AM
			9:35-10:25 AM		
4:30-5:20 PM	4:30-5:20 PM	4:30-5:20 PM	4:30-5:20 PM	4:30-5:20 PM	
5:30-6:20 PM	5:30-6:20 PM	5:30-6:20 PM	5:30-6:20 PM	5:30-6:20 PM	
6:30-7:20 PM	6:30-7:20 PM	6:30-7:20 PM	6:30-7:20 PM		

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

6:00-6:50 AM	6:00-6:50 AM	6:00-6:50 AM		6:00-6:50 AM	
7:00-7:50 AM	7:00-7:50 AM	7:00-7:50 AM		7:00-7:50 AM	

SAN MATEO

Burlingame Fit Body Boot Camp
866 N Delaware Street

6:00-6:50 AM	6:00-6:50 AM	6:00-6:50 AM		6:00-6:50 AM	
7:00-7:50 AM	7:00-7:50 AM	7:00-7:50 AM		7:00-7:50 AM	
8:30-9:20 AM	8:30-9:20 AM	8:30-9:20 AM		8:30-9:20 AM	

SAN CARLOS

San Carlos Boot Camp
@ Central Middle School
828 Chestnut Street
Park on Cedar between Arroyo & Cherry

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	



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