



2018 BOOT CAMP SCHEDULE

brienshamp.com

	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	5:30-6:00 AM 6:05-6:35 AM	5:30-6:15 AM	7:30-8:00 AM
	8:10-8:40 AM	8:10-8:40 AM	8:10-8:40 AM	8:10-8:40 AM	8:10-8:40 AM	8:10-8:40 AM
	8:45-9:15 AM	8:45-9:15 AM	8:45-9:15 AM	8:45-9:15 AM	8:45-9:15 AM	8:45-9:15 AM
	9:25-9:55 AM	9:25-9:55 AM	9:25-9:55 AM	9:25-9:55 AM	9:25-9:55 AM	9:25-9:55 AM
	4:30-5:00 PM	4:30-5:00 PM	4:30-5:00 PM	4:30-5:00 PM	4:30-5:00 PM	
	5:10-5:40 PM	5:10-5:40 PM	5:10-5:40 PM	5:10-5:40 PM	5:10-5:40 PM	
	5:50-6:20 PM	5:50-6:20 PM	5:50-6:20 PM	5:50-6:20 PM	5:50-6:20 PM	
	6:25-6:55 PM	6:25-6:55 PM	6:25-6:55 PM	6:25-6:55 PM		
	7:00-7:30 PM	7:00-7:30 PM	7:00-7:30 PM	7:00-7:30 PM		

BELMONT

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

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

BURLINGAME SAN MATEO

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

SAN CARLOS

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

5:30-6:00 AM		5:30-6:00 AM		6:05-6:35 AM	
6:05-6:35 AM	6:05-6:35 AM	6:05-6:35 AM		6:40-7:10 AM	
6:40-7:10 AM	6:40-7:10 AM	6:40-7:10 AM		7:15-7:45 AM	
7:15-7:45 AM	7:15-7:45 AM	7:15-7:45 AM			

5:25-5:55 AM	5:25-5:55 AM	5:25-5:55 AM	5:25-5:55 AM	5:25-5:55 AM	8:00-8:30 AM
6:00-6:30 AM	6:00-6:30 AM	6:00-6:30 AM	6:00-6:30 AM	6:00-6:30 AM	8:35-9:05 AM
6:35-7:05 AM	6:35-7:05 AM	6:35-7:05 AM	6:35-7:05 AM	6:35-7:05 AM	* 9:10-9:40 AM
7:10-7:40 AM	7:10-7:40 AM	7:10-7:40 AM	7:10-7:40 AM	7:10-7:40 AM	* FitRanX Class Advanced Session
8:20-8:50 AM	8:20-8:50 AM	8:20-8:50 AM	8:20-8:50 AM	8:20-8:50 AM	* 9:45-10:15 AM
8:55-9:25 AM	8:55-9:25 AM	8:55-9:25 AM	8:55-9:25 AM	8:55-9:25 AM	* Foundations Beginner Session Slower paced for new members and seniors.
9:30-10:00 AM	9:30-10:00 AM	9:30-10:00 AM	9:30-10:00 AM	9:30-10:00 AM	
5:15-5:45 PM	5:15-5:45 PM	5:15-5:45 PM	5:15-5:45 PM	5:15-5:45 PM	
5:50-6:20 PM	5:50-6:20 PM	5:50-6:20 PM	5:50-6:20 PM	5:50-6:20 PM	
6:25-6:55 PM	6:25-6:55 PM	6:25-6:55 PM	6:25-6:55 PM	6:25-6:55 PM	

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!