

	M	T	W	T	F	S
	TOTAL BODY	CORE CARDIO	TOTAL BODY	CORE CARDIO	TOTAL BODY	
BELMONT Shamp's Studio— Belmont Fit Body Boot Camp 603 Harbor Blvd, Belmont	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	SATURDAY: 7:25-8:00 AM 8:05-8:40 AM 8:45-9:20 AM 9:30-10:05 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	
	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	SUNDAY Morning Yoga: 8:00-9:15 AM 9:30-10:45 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			

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	

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	7:15-7:50 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
7:00-7:35 AM	7:00-7:35 AM	7:00-7:35 AM	7:00-7:35 AM	7:00-7:35 AM	7:00-7:35 AM	8:40-9:15 AM
8:20-8:55 AM	8:25-9:00 AM	8:20-8:55 AM	8:25-9:00 AM	8:25-9:00 AM	8:20-8:55 AM	* 9:20-9:55 AM * Foundations Session: slower paced for new members & those with injuries.
9:00-9:35 AM	9:25-10:00 AM	9:00-9:35 AM	9:25-10:00 AM	9:25-10:00 AM	9:00-9:35 AM	
9:40-10:15 AM		9:40-10:15 AM			9:40-10:15 AM	
5:30-6:05 PM	5:30-6:05 PM	5:30-6:05 PM	5:30-6:05 PM	5:30-6:05 PM		
6:15-6:50 PM	6:15-6:50 PM	6:15-6:50 PM	6:15-6:50 PM	6:15-6:50 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	