



January 2010 Boot camp schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Winter Break Class at Studio	2
3	4 *Boot camp 5:45-6:45 PM*	5	6 *Boot camp 5:45-6:45 PM*	7	8 *Boot camp 5:45-6:45 PM*	9
10	11 Boot camp 6-7 PM	12	13 Boot camp 6-7 PM	14	15 Boot camp 6-7 PM	16
17	18 Martin Luther King Jr Day *At the Studio	19	20 Boot camp 6-7 PM	21	22 Boot camp 6-7 PM	23
24	25 Boot camp 6-7 PM	26	27 Boot camp 6-7 PM	28	29 Boot camp 6-7 PM	30
31						
*All boot camp sessions will be held at Midvale Elementary except when noted they will be held at The Fitness Nomad Studio.						



February 2010 Boot camp schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Boot camp 6-7 PM	2	3 Boot camp 6-7 PM	4	5 Boot camp 6-7 PM	6
7	8 Boot camp 6-7 PM	9	10 Boot camp 6-7 PM	11	12 Boot camp 6-7 PM	13
14	15 Boot camp 6-7 PM	16	17 Boot camp 6-7 PM	18	19 Boot camp 6-7 PM	20
21	22 Boot camp 6-7 PM	23	24 Boot camp 6-7 PM	25	26 Boot camp 6-7 PM	27
28						
	<p>*All boot camp sessions will be held at Midvale Elementary except when noted they will be held at The Fitness Nomad Studio.</p>					



March 2010 Boot camp schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Boot camp 6-7 PM	2	3 Boot camp 6-7 PM	4	5 Boot camp 6-7 PM	6
7	8 Boot camp 6-7 PM	9	10 Boot camp 6-7 PM	11	12 Boot camp 6-7 PM	13
14	15 Boot camp 6-7 PM	16	17 Boot camp 6-7 PM	18	19 Boot camp 6-7 PM	20
21	22 Boot camp 6-7 PM	23	24 Boot camp 6-7 PM	25	26 Boot camp 6-7 PM	27
28	29**Spring Break** Boot camp 6-7 PM At the Studio	30	31**Spring Break** Boot camp 6-7 PM At the Studio			
	<p>*All boot camp sessions will be held at Midvale Elementary except when noted they will be held at The Fitness Nomad Studio.</p>					



April 2010 Boot camp schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 **Spring Break** Boot camp 6-7 PM At the Studio	3
4 HAPPY EASTER! 	5 **Spring Break** Boot camp 6-7 PM At the Studio	6	7 Boot camp 6-7 PM Back at Midvale El.	8	9 Boot camp 6-7 PM	10
11	12 Boot camp 6-7 PM	13	14 Boot camp 6-7 PM	15	16 Boot camp 6-7 PM	17
18	19 Boot camp 6-7 PM	20	21 Boot camp 6-7 PM	22	23 Boot camp 6-7 PM	24
25	26 Boot camp 6-7 PM	27	28 Boot camp 6-7 PM	29	30 Boot camp 6-7 PM	
	*All boot camp sessions will be held at Midvale Elementary except when noted they will be held at The Fitness Nomad Studio.					



May 2010 Boot camp schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Boot camp 6-7 PM	4	5 Boot camp 6-7 PM	6	7 Boot camp 6-7 PM	8
9 Mother's Day	10 Boot camp 6-7 PM	11	12 Boot camp 6-7 PM	13	14 Boot camp 6-7 PM	15
16	17 Boot camp 6-7 PM	18	19 Boot camp 6-7 PM	20	21 Boot camp 6-7 PM	22
23	24 Boot camp 6-7 PM	25	26 Boot camp 6-7 PM	27	28 Boot camp 6-7 PM	29
30	31 NO CLASS Memorial Day					
	* All boot camp sessions will be held at Midvale Elementary					



June 2010 Boot camp schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Boot camp 6-7 PM	3	4 Boot camp 6-7 PM	5
6	7 Boot camp 6-7 PM	8	9 Boot camp 6-7 PM	10	11 **Last Day at Midvale Elementary** Boot camp 6-7 PM	12
13	14 Boot camp 6-7 PM <i>*at Westmoreland Park</i>	15	16 Boot camp 6-7 PM <i>*at Westmoreland Park</i>	17	18 Boot camp 6-7 PM <i>*at Westmoreland Park</i>	19
20 Father's Day	21 Boot camp 6-7 PM <i>*at Westmoreland Park</i>	22	23 Boot camp 6-7 PM <i>*at Westmoreland Park</i>	24	25 Boot camp 6-7 PM <i>*at Westmoreland Park</i>	26
27	28 Boot camp 6-7 PM <i>*at Westmoreland Park</i>	29	30 Boot camp 6-7 PM <i>*at Westmoreland Park</i>			

***All boot camp sessions will be held at Midvale Elementary through June 11th, then they move to Westmoreland Park.**