



EAST GREENWICH BOOT CAMP SCHEDULE

GET FIT **FASTER!**

119 Berkley Road | Clarksboro, NJ 08020 | 856.599.1950

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15am		5:15am		5:15am	
		6:15am		6:15am		
9:00am						9:00am
	9:15am		9:15am		9:15am	

Power Train Boot Camp blends Maximum Aerobic Performance (MAP) and Tabata principles. Boot Camp sessions are designed to be engaging, maximize fat burning and increase metabolism. Class times are subject to change.