

BOOT CAMP SCHEDULE

TIMES:

M/W/F at 5:30 a.m. (usually outdoors on Friday)

T/Th at 6:00 p.m. (usually outdoors on Tuesday)

Saturdays at 7:30 a.m. (usually meet offsite)

INSTRUCTORS:

M/W: Jack, Jeffry, & Kym

T/Th/S: Jack, Jeffry, & Juliana

Fridays: Jack & Jeffry

WEEK OF	MONDAY 5:30–6:30 a.m.	TUESDAY 6:00–7:00 p.m.	WEDNESDAY 5:30–6:30 a.m.	THURSDAY 6:00–7:00 p.m.	FRIDAY 5:30–6:30 a.m.	SATURDAY 7:30–8:30 a.m.
July 8	Tour de Y Location: Gym	Pill Hill Location: Track & Outdoors	Booty, Back & Belly Location: Gym	Summer Tabata Location: Track	Nearby the Y Meet at: Going outdoors	Mountain View Cemetary Meet at: Top of Piedmont Ave
July 15	8 and Change Location: Gym	Rucking Location: Track & Outdoors	Kymboxing Location: Gym	Killer B's Location: Track	Jack London Meet at: Bottom of Clay Street near ferry building	Cal Campus Meet at: Top of Addison, above Oxford, Berkeley
July 22	MI3 Location: Gym	Westlake School Location: Track & Outdoors	Intensity Location: Gym	Legs on Fire Location: Track	Sculpture Park Meet at: Going outdoors	Inspiration Point Meet at: Wildcat Canyon Drive, east of Tilden
July 29	Hardcore Crunch Location: Gym	Duck Feed Location: Track & Outdoors	10-a-Plenty Location: Gym	Weight Weight Location: Track	Rucking Meet at: Going outdoors	Alameda Bike/Run Meet at: Park Ave, near Shore Line Drive
Aug 5	10x3 Location: Gym	Out and Back Location: Outdoors, Lake Chalet	Killer B's Location: Gym	Abs And Legs Location: Track	Outdoor Main Public Library Meet at: 125 14th Street	Woodminster/Joaquin Miller Meet at: 3300 Joaquin Miller
Aug 12	HIIT It! Location: Gym	Sculpture Park Location: Track & Outdoors	Legs on Fire Location: Gym	Time For Recess Location: Track	Garage Climb Meet at: Going outdoors	Montclair Park Meet at: Moraga Ave near Pedestrian Bridge
Aug 19	Plyometrics Location: Gym	Montecito Location: Track & Outdoors	80's Day Location: Gym	MI3 Location: Track	Cleveland Cascades Meet at: Pergula near Lakeshore and Grand Aves	Treasure Island Bike/Run Meet at: 1 Avenue of the Palms