

# 12 WEEK CHALLENGE BOOTCAMP SCHEDULE

WEEK	AIRPORT WEST	BRAYBROOK	CAROLINE SPRINGS	DERRIMUT	GEELONG	MELTON	NEWCOMB	NORWOOD	PAKENHAM	THOMASTOWN
<b>WEEK 1</b>	8 <sup>TH</sup> SEPTEMBER TRAINING & NUTRITION SEMINAR 11AM-12PM Brad Douglas & Rach White  SPIN BOOTCAMP 12PM-12:30PM Chris Glover	8 <sup>TH</sup> SEPTEMBER TRAINING & NUTRITION SEMINAR 10:30AM-11:30AM	8 <sup>TH</sup> SEPTEMBER TRAINING & NUTRITION SEMINAR 11AM-12PM Trainers  BOOTCAMP 1PM-2PM Georgia Holton & Diana Diaz	9 <sup>TH</sup> SEPTEMBER TRAINING & NUTRITION SEMINAR 11AM-12PM Nigel	4 <sup>TH</sup> SEPTEMBER TRAINING & NUTRITION SEMINAR 7PM Kyle Purcell & Chelsea Williams  7 <sup>TH</sup> SEPTEMBER BOOTCAMP 6:30PM Chelsea Williams	8 <sup>TH</sup> SEPTEMBER TRAINING & NUTRITION SEMINAR 10:30AM-11:30AM  BOOTCAMP 11AM - 12PM Brianna Grech	6 <sup>TH</sup> SEPTEMBER TRAINING & NUTRITION SEMINAR 7PM-7PM Kate Collins  8 <sup>TH</sup> SEPTEMBER BOOTCAMP 10AM-11AM Kate Collins	6 <sup>TH</sup> SEPTEMBER TRAINING & NUTRITION SEMINAR 7PM - 8PM Janere Reid & Justin Eming  9 <sup>TH</sup> SEPTEMBER BOOTCAMP 3PM - 4PM Warren Anderson	1 <sup>ST</sup> SEPTEMBER TRAINING & NUTRITION SEMINAR 9AM-10AM Bec McSweeney & Jeryn Dolan	8 <sup>TH</sup> SEPTEMBER TRAINING & NUTRITION SEMINAR 11AM-12PM Taleah & Adrian  BOOTCAMP 1PM - 2PM Dean
<b>CHECK IN WEEK 1</b>										
<b>WEEK 2</b>	15 <sup>TH</sup> SEPTEMBER METAFIT BOOTCAMP 8AM-9AM Claudia Stavrou	15 <sup>TH</sup> SEPTEMBER BOOTCAMP 10:30AM-11:30AM Dylan	15 <sup>TH</sup> SEPTEMBER BOOTCAMP 1PM-2PM Renee Walker	16 <sup>TH</sup> SEPTEMBER BOOTCAMP 1PM-2PM TBC	10 <sup>TH</sup> SEPTEMBER BOOTCAMP 6PM Kyle Purcell	15 <sup>TH</sup> SEPTEMBER BOOTCAMP 11AM - 12PM Brianna Grech	15 <sup>TH</sup> SEPTEMBER BOOTCAMP 8AM-9AM Clint Dupe Eastern Beach	16 <sup>TH</sup> SEPTEMBER BOOTCAMP 3PM - 4PM Warren Anderson	15 <sup>TH</sup> SEPTEMBER SPIN 2-3x30 MIN 8AM, 8:30AM, 9AM Bec McSweeney  16 <sup>TH</sup> SEPTEMBER BOOTCAMP 9:30AM-10:45AM 10:45AM-12PM Thomas Kauffeld	15 <sup>TH</sup> SEPTEMBER BOOTCAMP 10:30AM April
<b>WEEK 3</b>	22 <sup>ND</sup> SEPTEMBER BOXING BOOTCAMP 9:30AM-10:30AM Tim Racovalis	22 <sup>ND</sup> SEPTEMBER BOOTCAMP 10:30AM-11:30AM Dylan	22 <sup>ND</sup> SEPTEMBER BOOTCAMP 1PM-2PM Aaron Azzopardi	23 <sup>RD</sup> SEPTEMBER BOOTCAMP 1PM-2PM Nigel	21 <sup>ST</sup> SEPTEMBER BOOTCAMP 6:30PM Chelsea Williams	22 <sup>ND</sup> SEPTEMBER BOOTCAMP 11AM - 12PM Brianna Grech	22 <sup>ND</sup> SEPTEMBER BOOTCAMP 10AM Kate Collins	23 <sup>RD</sup> SEPTEMBER BOOTCAMP 3PM - 4PM Warren Anderson	20 <sup>TH</sup> SEPTEMBER METAFIT BOOTCAMP 6PM Shona	22 <sup>ND</sup> SEPTEMBER BOOTCAMP 10:30AM April
<b>WEEK 4</b>	29 <sup>TH</sup> SEPTEMBER METAFIT BOOTCAMP 8AM-9AM Claudia Stavrou	29 <sup>TH</sup> SEPTEMBER TRAINING & NUTRITION SEMINAR 8PM-9PM	29 <sup>TH</sup> SEPTEMBER BOOTCAMP 1PM-2PM Ben Hytongue	30 <sup>TH</sup> SEPTEMBER BOOTCAMP 1PM-2PM TBC	24 <sup>TH</sup> SEPTEMBER BOOTCAMP 6PM Kyle Purcell	29 <sup>TH</sup> SEPTEMBER BOOTCAMP 11AM - 12PM Brianna Grech	28 <sup>TH</sup> SEPTEMBER 6:30PM Emma Larkin	30 <sup>TH</sup> SEPTEMBER BOOTCAMP 3PM - 4PM Warren Anderson	27 <sup>TH</sup> SEPTEMBER METAPOWER BOOTCAMP 6:30PM Shona	29 <sup>TH</sup> SEPTEMBER BOOTCAMP 10:30AM April
<b>WEEK 5</b>	6 <sup>TH</sup> OCTOBER SPIN BOOTCAMP 1PM-2PM Chris Glover	6 <sup>TH</sup> OCTOBER BOOTCAMP 10:30AM-11:30AM Dylan	6 <sup>TH</sup> OCTOBER BOOTCAMP 1PM-2PM Ben Hytongue	7 <sup>TH</sup> OCTOBER BOOTCAMP 1PM-2PM Nigel	5 <sup>TH</sup> OCTOBER BOOTCAMP 6:30PM Chelsea Williams	6 <sup>TH</sup> OCTOBER BOOTCAMP 11AM - 12PM Brianna Grech	6 <sup>TH</sup> OCTOBER BOOTCAMP 8AM - 9AM Clint Dupe Eastern Beach	7 <sup>TH</sup> OCTOBER BOOTCAMP 3PM - 4PM Warren Anderson	BOOTCAMP TBC	6 <sup>TH</sup> OCTOBER BOOTCAMP 10:30AM April
<b>WEEK 6</b>	13 <sup>TH</sup> OCTOBER BOOTCAMP 1PM-2PM Mike Holton	13 <sup>TH</sup> OCTOBER BOOTCAMP 10:30AM-11:30AM Dylan	13 <sup>TH</sup> OCTOBER BOOTCAMP 1PM-2PM Renee Walker	14 <sup>TH</sup> OCTOBER BOOTCAMP 1PM-2PM TBC	8 <sup>TH</sup> OCTOBER BOOTCAMP 6PM Kyle Purcell	13 <sup>TH</sup> OCTOBER BOOTCAMP 11AM - 12PM Brianna Grech	9 <sup>TH</sup> OCTOBER BOOTCAMP 6:30PM - 7:30PM Kim Brotheridge	14 <sup>TH</sup> OCTOBER BOOTCAMP 3PM - 4PM Warren Anderson	14 <sup>TH</sup> OCTOBER BOOTCAMP 9:30AM-10:45AM 10:45AM-12PM Thomas Kauffeld	13 <sup>TH</sup> OCTOBER BOOTCAMP 10:30AM April
<b>WEEK 7</b>	20 <sup>TH</sup> OCTOBER BOXING BOOTCAMP 9:30AM-10:30AM Tim Racovalis	20 <sup>TH</sup> OCTOBER BOOTCAMP 10:30AM-11:30AM Dylan	20 <sup>TH</sup> OCTOBER BOOTCAMP 1PM-2PM Stacey Papadopoulos Dave Caruana	21 <sup>ST</sup> OCTOBER BOOTCAMP 1PM-2PM Nigel	19 <sup>TH</sup> OCTOBER BOOTCAMP 6:30PM Chelsea Williams	20 <sup>TH</sup> OCTOBER BOOTCAMP 11AM - 12PM Brianna Grech	20 <sup>TH</sup> OCTOBER BOOTCAMP 9AM - 10AM Kate Collins	21 <sup>ST</sup> OCTOBER BOOTCAMP 3PM - 4PM Warren Anderson	BOOTCAMP TBC	20 <sup>TH</sup> OCTOBER BOOTCAMP 10:30AM April
<b>WEEK 8</b>	27 <sup>TH</sup> OCTOBER BOOTCAMP 1PM-2PM Mike Holton	27 <sup>TH</sup> OCTOBER BOOTCAMP 10:30AM-11:30AM Dylan	27 <sup>TH</sup> OCTOBER BOOTCAMP 1PM-2PM TBC	28 <sup>TH</sup> OCTOBER BOOTCAMP 1PM-2PM Nigel	22 <sup>ND</sup> OCTOBER BOOTCAMP 6PM Kyle Purcell	27 <sup>TH</sup> OCTOBER BOOTCAMP 11AM - 12PM Brianna Grech	27 <sup>TH</sup> OCTOBER BOOTCAMP 8AM-9AM Clint Dupe Eastern Beach	28 <sup>TH</sup> OCTOBER BOOTCAMP 3PM - 4PM Warren Anderson	25 <sup>TH</sup> OCTOBER METAPOWER BOOTCAMP 6PM Shona	27 <sup>TH</sup> OCTOBER BOOTCAMP 10:30AM April
<b>WEEK 9</b>	3 <sup>RD</sup> NOVEMBER BOOTCAMP TIME TBC Brad Douglas & Rach White	3 <sup>RD</sup> NOVEMBER BOOTCAMP 10:30AM-11:30AM Dylan	3 <sup>RD</sup> NOVEMBER BOOTCAMP 1PM-2PM Diana Diaz	4 <sup>TH</sup> NOVEMBER BOOTCAMP 1PM-2PM Nigel	2 <sup>ND</sup> NOVEMBER BOOTCAMP 6:30PM Chelsea Williams	3 <sup>RD</sup> NOVEMBER BOOTCAMP 11AM - 12PM Brianna Grech	3 <sup>RD</sup> NOVEMBER BOOTCAMP 10AM - 11AM Kate Collins	4 <sup>TH</sup> NOVEMBER BOOTCAMP 3PM - 4PM Warren Anderson	1 <sup>ST</sup> NOVEMBER METAPOWER BOOTCAMP 6:30PM Shona	3 <sup>RD</sup> NOVEMBER BOOTCAMP 10:30AM April
<b>WEEK 10</b>	10 <sup>TH</sup> NOVEMBER BOOTCAMP TIME TBC Brad Douglas & Rach White	10 <sup>TH</sup> NOVEMBER BOOTCAMP 10:30AM-11:30AM Dylan	10 <sup>TH</sup> NOVEMBER BOOTCAMP 1PM-2PM Dean Sacco	11 <sup>TH</sup> NOVEMBER BOOTCAMP 1PM-2PM TBC	5 <sup>TH</sup> NOVEMBER BOOTCAMP 6PM Kyle Purcell	10 <sup>TH</sup> NOVEMBER BOOTCAMP 11AM - 12PM Brianna Grech	6 <sup>TH</sup> NOVEMBER BOOTCAMP 6:30PM - 7:30PM Kim Brotheridge	11 <sup>TH</sup> NOVEMBER BOOTCAMP 3PM - 4PM Warren Anderson	10 <sup>TH</sup> NOVEMBER MT. CANNIBAL 8AM Bec McSweeney  11 <sup>TH</sup> NOVEMBER BOOTCAMP 9:30AM-10:45AM 10:45AM-12PM Thomas Kauffeld	10 <sup>TH</sup> NOVEMBER BOOTCAMP 10:30AM April
<b>WEEK 11</b>	BOOTCAMP TBC	17 <sup>TH</sup> NOVEMBER BOOTCAMP 10:30AM-11:30AM Dylan	17 <sup>TH</sup> NOVEMBER BOOTCAMP 1PM-2PM Diana Diaz	18 <sup>TH</sup> NOVEMBER BOOTCAMP 1PM-2PM Nigel	16 <sup>TH</sup> NOVEMBER BOOTCAMP 6:30PM Chelsea Williams	17 <sup>TH</sup> NOVEMBER BOOTCAMP 11AM - 12PM Brianna Grech	13 <sup>TH</sup> NOVEMBER BOOTCAMP 6:30PM - 7:30PM Kim Brotheridge	18 <sup>TH</sup> NOVEMBER BOOTCAMP 3PM - 4PM Warren Anderson	BOOTCAMP TBC	17 <sup>TH</sup> NOVEMBER BOOTCAMP 10:30AM April
<b>WEEK 12</b>	-	-	-	-	-	-	20 <sup>TH</sup> NOVEMBER BOOTCAMP 6:30PM - 7:30PM Kim Brotheridge	19 <sup>TH</sup> NOVEMBER BOOTCAMP 3PM - 4PM Warren Anderson	-	-
<b>FINAL CHECK IN &amp; PHOTOS</b>										

