

12 WEEK CHALLENGE BOOTCAMP SCHEDULE

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

