

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 am						<b>Beach Bootcamp (Pier)</b>
9:00-10:00 am	<b>Beach Bootcamp (Pier)</b>	<b>Rock &amp; Roll Yoga (Studio)</b> 9:30am-10:30am	<b>Beach Bootcamp (Pier)</b>	<b>FREE COMMUNITY FITNESS (Pier)</b> 9:30am-10:30am	<b>Beach Bootcamp (Pier)</b>	
11:30-12 pm	<b>Lunch Crunch 1800 (Studio)</b>		<b>Lunch Crunch 1800 (Studio)</b>		<b>Lunch Crunch 1800 (Studio)</b>	
4:30-5:30 pm					<b>Yoga (Studio)</b>	
5:00-6:00 pm	<b>Raise The Bar Strength (Studio)</b> 5:00 - 5:50pm	<b>Beach Bootcamp (Pier)</b>	<b>Raise The Bar Strength (Studio)</b>	<b>Beach Bootcamp (Pier)</b>		
6:00-7:00 pm	<b>Beach Bootcamp (Pier)</b> <b>Yoga (Studio)</b>	<b>Beach Bootcamp (Pier)</b>		<b>Beach Bootcamp (Pier)</b>	<b>Raise The Bar Strength (Studio)</b>	

\* Please contact Cameron Fitness prior to attending all SUP Bootcamps