

9th January till 6th of February 2012

Bodysharp Glen Iris (all sessions held at Ferndale Park Scout Hall, Glen Iris)

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5.30am	S&T		Boxing		S&T	6.00am	Running
6.15am	S&T		S&T		Boxing	7.00am	Boxing
7.00am	Boxing		S&T		S&T	7.45am	S&T
						8.30am	Running
						9.15am	Boxing

Bodysharp Camberwell

	Monday	Tuesday	Wednesday	Thursday	Friday
5.30am	S&T	Bootcamp	Boxing	Bootcamp	S&T
Venue	Cam. High	Fordham	Cam. High	Fordham	Cam. High
6.15am	S&T	Bootcamp	S&T	Bootcamp	Boxing
Venue	Cam. High	Fordham	Cam. High	Fordham	Cam. High
9.00am	Boxing		S&T		S&T
Venue	Fordham		Fordham		Fordham
5.00pm	S&T	S&T	S&T	S&T	
Venue	Willison	Willison	Willison	Willison	
5.45pm	S&T	Bootcamp	Boxing	Bootcamp	
Venue	Willison	Willison	Willison	Willison	
6.30pm	Boxing	S&T	S&T	S&T	
Venue	Willison	Willison	Willison	Willison	
7.15pm	S&T	Low Impact	Boxing	Low Impact	
Venue	Willison	Willison	Willison	Willison	