



Winter 2012 Schedule

GROUP TRAINING EXPERIENCES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:00 am TABATA EXPRESS* Laura		5:00 am TABATA EXPRESS* Janelle		
5:30 am MONDAY MADNESS Steve	5:30 am AM BOOT CAMP* Laura	5:30 am WICKED WEDNESDAY Steve	5:30 am AM BOOT CAMP* Laura	5:30 am FRIDAY FRENZY Steve		
					8:00 am SATURDAY SLAUGHTER Janelle	
9:15 am JUMP N JACKED Jody	9:15 am TABATA Janelle	9:15 am CYCLE/CORE Lisa	9:15 am MUSCLE COMMAND Jesse	9:15 am TABATA TREK Lisa		
			10:30 am CORE DISRUPTION Lisa			
6:00 pm BURN Jesse	6:00 pm PM BOOT CAMP* Jody	6:00 pm TABATA TREK Lisa	6:00 pm PM BOOT CAMP* Janelle			

The Winter 2012 group experiences schedule is effective January 2, 2012 through March 31, 2012. Reservations recommended for all group experiences. 12-hour cancellation required. Stop by, call us at (978) 777-7741 or go online to bodycofit.com to make a reservation.

* These sessions require a separate package, please contact bodyco for specific details.