



Westside Boot Camps

Weekly Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6.00am		Fit Chicks Booty Camp Boxing - <i>Akuna Oval</i>		Fit Chicks Booty Camp Total Body Tone- <i>PEAK PT Studio</i>	Fit Chicks Booty Camp Cardio Fitness - <i>Akuna Oval</i>
6.00pm	Boot Camp Total Body Strength & Tone - <i>PEAK PT Studio</i>		Boot Camp Boxing - <i>Akuna Oval</i>	Boot Camp Cardio Fitness - <i>Akuna Oval</i>	
7.00pm	Boot Camp Total Body Strength & Tone - <i>PEAK PT Studio</i>				

PEAK PT Studio - 12 Kay Close, Kenmore Hills

Akuna Oval - Fig Tree Pocket Road, Chapel Hill (next to Centenary Freeway exit)

"Health and Fitness for Everyday Life"

www.peaktraining.com.au

www.westsidebootcamps.com.au