

dcpt project bootcamps

timetable

18-23rd April

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|--|--|---|---|---------------------------|---|
| 5:15 – 6:00 AM Mixed Bootcamp | | <i>Functional Endurance</i> CROSSFIT | Strength & Conditioning GUNS /LEGS/FULL | Strength & Conditioning GUNS /LEGS/FULL | Cardio RUN CLUB | |
| 6:00 – 7:00 AM Female Bootcamp | <i>Cardio</i> DIRTY BOXING | <i>Functional Endurance</i> CROSSFIT | Strength & Conditioning GUNS /LEGS/FULL | Strength & Conditioning GUNS /LEGS/FULL | Cardio RUN CLUB | |
| 7:00 – 8:00 AM Mixed Bootcamp | <i>Cardio</i> DIRTY BOXING | <i>Functional Endurance</i> CROSSFIT | Strength & Conditioning GUNS /LEGS/FULL | Strength & Conditioning GUNS /LEGS/FULL | Cardio RUN CLUB | <i>FUN</i> 730 – 9am RUN THE CITY SCAVENGER HUNT |
| 8:00 -9:00 AM Mixed Bootcamp | | | | | | |
| 5:30 – 6:30 PM Female Bootcamp | <i>Cardio</i> DIRTY BOXING | <i>Functional Endurance</i> CROSSFIT | Strength & Conditioning GUNS /LEGS/FULL | Strength & Conditioning GUNS /LEGS/FULL | Cardio RUN CLUB | |
| 6:30- 7:30PM Mixed Bootcamp | <i>Cardio</i> DIRTY BOXING | <i>Functional Endurance</i> CROSSFIT | Strength & Conditioning GUNS /LEGS/FULL | Strength & Conditioning GUNS /LEGS/FULL | Cardio RUN CLUB | |
| 7:30 – 8:00 PM Mixed Bootcamp | <i>Stretch Session</i> FULL BODY | <i>Stretch Session</i> FULL BODY | <i>Stretch Session</i> FULL BODY | <i>Stretch Session</i> FULL BODY | | |