



AROUND THE CLOCK FITNESS – PORT CHARLOTTE

BOOT CAMP

Times	Monday Legs & Core	Tuesday Chest & Bicep	Wednesday Total Body	Thursday Legs & Shoulders	Friday Back & Triceps	Saturday Total Body
6a	Cameron	Dan	Cameron	Dan	Jordan	
9a	Belinda	David	Belinda	David	Dan	Jordan
430p	David	David	Dan	David	Jordan	
6p	Jordan	Cameron	Jordan	Jordan	Jordan	