

Body Blitzer Fitness Centre – BOOTCAMP Timetable 2018

Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
5:30-6:00am	HIIT BOOTCAMP		HIIT BOOTCAMP		HIIT BOOTCAMP	
6:00-6:30am	BIGGEST LOSER		BIGGEST LOSER		BIGGEST LOSER	
6:00-7:00am	BOOTCAMP BLITZ		BOOTCAMP BLITZ		BOOTCAMP BLITZ	
6:30-7:00am		KICKSTART BOOTCAMP		KICKSTART BOOTCAMP	KICKSTART BOOTCAMP	
7:00-7:30am	BOXING BOOTCAMP		BOXING BOOTCAMP		BOXING BOOTCAMP	
8:30-9:30am						BOOTCAMP BLITZ
9:00-9:30am	BOOTCAMP WITH BUBS		BOOTCAMP WITH BUBS		BOOTCAMP WITH BUBS	
9:00-10:00am		BOOTCAMP BLITZ		BOOTCAMP BLITZ		
9:30-10:00am	HIIT BOOTCAMP		HIIT BOOTCAMP		HIIT BOOTCAMP	
5:30-6:00pm	KICKSTART BOOTCAMP		KICKSTART BOOTCAMP	KICKSTART BOOTCAMP		
6:00-6:30pm	TWILIGHT BLITZ	TWILIGHT BLITZ		TWILIGHT BLITZ		
6:30-7:00pm	HIIT BOOTCAMP		HIIT BOOTCAMP	HIIT BOOTCAMP		

- Note:**
- Centre hours: 6:00am-7:30pm Mondays to Thursdays. 6:00am to 4:00pm on Fridays. 8:30-9:30am on Saturdays. Closed on Sundays and public holidays (missed sessions from public holidays can be made up by attending ANY other program session).
 - Bring a sweat towel and water bottle to every session.
 - Boot camp SUPER PACKS (access to any/all programs, excluding personal training) are available for 12 months (\$1299), six months (\$715) and three months (\$390). Payment plans available.
 - School students, uni students, healthcare card holders and corporate discounts: 10% off advertised prices.

HIIT Bootcamp: Intense early morning 28 day HIIT challenge. High Intensity Interval Training, is a format where you give 100% effort through quick, intense bursts of exercise routines, followed by short recovery periods. HIIT gets your heart rate up, burning more fat in less time than conventional routines. Early morning, mid-morning or evening option. Cost \$215, or \$124 for early payment (before/start of program) and save \$91.

KickStart Bootcamp: Everyone has to start somewhere. Take a step towards a healthier YOU with our morning (AM) or evening (PM), fun and progressive indoor 4-week boot camp. Feel the benefits of increased fitness as your energy levels increase and your new appearance draws compliments from friends. Cost \$180, or \$110 for early payment (before/start of program) and save \$70.

Bootcamp BLITZ: Advanced six-week program. A new exciting, challenging 6-week boot camp based on outdoor training, cross fit and mixed martial arts training methods. Early morning and mid-morning option. Cost \$255, or \$189 for early payment (before/start of program) and save \$66.

Biggest Loser Challenge: A 10-week challenge. We understand the hardest part is just walking through the door, so we aim to help you without the embarrassment or intimidation that can come from exercising at regular gyms. Exercise with your group. Regular assessments to monitor progress, nutritional guidelines and accountability checks to keep you motivated and on track. Cost \$420, or \$285 for early payment (before/start of program) and save \$135. This program has 100% money back guarantee (conditions apply).

Boxing Bootcamp: Four weeks of fun. Boxing Bootcamp is fun challenging and progressive program. It is designed to include a wide variety of dynamic boxing drills to keep the workout fresh and fun. Cost \$209, or \$119 for early payment (before/start of program) and save \$90.

Bootcamp with BUBS: Six week program for mothers. Bring your baby with you and get fit. A fun, challenging and progressive indoor boot camp for mothers! Get fit with your baby and regain your pre-pregnancy body. Cost \$255, or \$169 for early payment (before/start of program) and save \$86.

Twilight BLITZ: Advanced four-week program. Look fantastic in 28 days. Join our dynamic fat-busting, weight smashing fitness generating, advanced four-week program. Cost \$215, or \$124 for early payment (before/start of program) and save \$91.