

# FIT BODY BOOT CAMP

## FIT BODY BOOT CAMP, LITCHFIELD PARK SCHEDULE

4850 N. Litchfield Road, Suite 106

Litchfield Park, AZ 85340

(623) 536-2537

[www.litchfieldparkbootcamp.com](http://www.litchfieldparkbootcamp.com) / [litchfieldparkfbbc@gmail.com](mailto:litchfieldparkfbbc@gmail.com)

Michael Bell & Margherita Riello, Owners

MONDAY LOWER BODY	TUESDAY TABATA	WEDNESDAY UPPER BODY	THURSDAY TABATA	FRIDAY TOTAL BODY	SATURDAY WEIGHT TRAINING	SUNDAY YOGA
MORNING SESSIONS	MORNING SESSIONS	MORNING SESSIONS	MORNING SESSIONS	MORNING SESSIONS	MORNING SESSIONS	MORNING SESSIONS
5:30am	5:30am	5:30am	5:30am	5:30am	ADVANCED	9:00am
6:15am		6:15am		6:15am	SESSIONS	
7:30am	7:30am	7:30am	7:30am	7:30am	8:00am	
8:30am	8:30am	8:30am	8:30am	8:30am	9:15am	
9:30am	9:30am	9:30am	9:30am	9:30am		
AFTERNOON SESSIONS	AFTERNOON SESSIONS	AFTERNOON SESSIONS	AFTERNOON SESSIONS	AFTERNOON SESSIONS	NO AFTERNOON SESSIONS	NO AFTERNOON SESSIONS
4:30pm	4:30pm	4:30pm	4:30pm	4:30pm		
5:15pm	5:15pm	5:15pm	5:15pm	5:15pm		
6:00pm	6:00pm	6:00pm	6:00pm	6:00pm		
6:40pm	6:40pm	6:40pm	6:40pm			