dcpt project bootcamps

timetable

18-23rd April

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