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| TUESDAY | WEDNESDAY | THURDAY | FRIDAY | SATURDAY | SUNDAY |
| 6:30-7:30am: Bootcamp (over 13’s) |  | 6:30-7:30am: Bootcamp (over 13’s) |  | 6:30-7:30am: Bootcamp (over 13’s) | 7-10 am: Obstacle Training |
| 9:15-10.15  *Bootcamp (over 13’s)* | 9:30-12:30 pm Obstacle Training. | 9:15-10.15  Bootcamp (over 13’s) | 10-2 pm: Large Group Obstacle Booking: Minimum 10 people. | 7:30-10:30 am Obstacle Training | 10:30-1:30 pm Obstacle Training |
| 11- 2pm  Obstacle Training |  | 11- 2 pm: Obstacle Training. |  | 11- 2 pm: Obstacle Training |  |
|  |  |  |  | 3-5 pm: Kids only obstacle training | 2-5 pm: Family Obstacle Training with technique |
| 4-5 pm: Kids Obstacle Training. 6-15 years old. | 3-6 pm: After work obstacle training. | 4-5 pm: Kids Obstacle Training. 6-15 years old. | 4-7 pm: After work obstacle training. |  |  |
| 6-7 pm: Bootcamp (Over 13’s) | 6-7 pm Beginner Bootcamp (over 13’s) | 6-7 pm: Bootcamp (Over 13’s) |  |  |  |
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**BOOT TIMETABLE**