



STARTS 1 FEBRUARY

\$20 REGISTRATION FEE

Build your strength and fitness with a fun mix of original bootcamp style exercises from body weight to battle ropes suitable for all ages and abilities.

WHAT TO BRING

Towel, water bottle, hat and Membership or Fitness Passport Card

MEETING SPOT

Front gates of Mingara Athletics Track

TIMETABLE

MONDAY

6am | 9:30am | 5:30pm

WEDNESDAY


6am | 9:30am | 5:30pm

FRIDAY

6am | 9:30am

SATURDAY

6am

 Join our "One Bootcamp" Facebook group to stay updated and connect with your fellow bootcamp team. Sessions will run rain or shine. Wet weather options and updates will be shared via our "One Bootcamp" Facebook group.

facebook.com/groups/onebootcamp/

