

MIGUEL'S BOOT CAMP SESSION SCHEDULE

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Corporal Punishment 5:30a-6:30a	Basic Warrior Boxing + No Guts No Glory 5:30a-6:30a	Corporal Punishment 5:30a-6:30a	Basic Warrior Boxing + Cardiac Arrest 5:30a-6:30a	Chesty's Challenge 5:30a-6:30a	Field Day Time & Location TBA – call or text 818-538-6447 for update.
Corporal Punishment 8:30a-9:30a	Basic Warrior Boxing + No Guts No Glory 8:30a-9:30a	Corporal Punishment 8:30a-9:30a	Basic Warrior Boxing + Cardiac Arrest 8:30a-9:30a	Chesty's Challenge 8:30a-9:30a	Semper Stretch 9:30a-10:30a
Corporal Punishment 12:00p-1:00p	Basic Warrior Boxing + No Guts No Glory 12:00p-1:00p	Corporal Punishment 12:00p-1:00p	Basic Warrior Boxing + Cardiac Arrest 12:00p-1:00p	Chesty's Challenge 12:00p-1:00p	
Corporal Punishment 6:00p-7:00p	Basic Warrior Boxing + No Guts No Glory 6:00p-7:00p	Corporal Punishment 6:00p-7:00p	Basic Warrior Boxing + Cardiac Arrest 6:00p-7:00p		



Session Descriptions:

- Corporal Punishment – A rigorous full body assault
- Basic Warrior Boxing – Metabolic boxing drills
- No Guts No Glory – An abdominal ambush you won't forget
- Cardiac Arrest – Rapid fire interval training
- Semper Stretch – Get your body back in line with this intense stretching sesh
- Field Day – Dynamic outdoor workout
- Chesty D. Hardcharger's Weekly Challenge – Only one way to find out...show up!

378 E. Thousand Oaks Blvd. Thousand Oaks, CA 91360 • 818-538-MIGS

For more class information or to get your FREE guest pass visit:
www.HardChargerTrainingCenter.com