

OLYMPIAN

B O O T C A M P

April 5th - May 14th, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 Chip Gym Circuit	6 Manhattan Pier Beach Exercises	7 Sand Dune Ramps	8 Manhattan Pier Weights	9 Mira Costa Track Intervals	10
11	12 Bruce's Beach Short Hills	13 Manhattan Pier Weights	14 Mira Costa Track Intervals	15 Manhattan Pier Weights	16 Chip Gym Circuit	17
18 HERMOSA BEACH 5000	19 Mira Costa Track Intervals	20 Manhattan Pier Beach Exercises	21 Chip Gym Circuit	22 Manhattan Pier Long	23 Sand Dune Ramps	24 RICHSTONE WALK
25	26 Chip Gym Long Hills	27 Manhattan Pier Weights	28 Bruce's Beach Bruce's	29 Manhattan Pier Stretch/Long	30 Mira Costa Track Intervals	1
2	3 Sand Dune Ramps	4 Manhattan Pier Weights	5 Hermosa Pier Cinco de Mayo	6 Manhattan Pier Back and Belly	7 Chip Gym Circuit	8
9 MOTHER'S DAY	10 Mira Costa Track Intervals	11 Manhattan Pier Beach Exercises	12 Chip Gym Circuit	13 Manhattan Pier Short Hills	14 Bruce's Beach Bruce's	15

all classes 6:00am, 7am, and 8:30am
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