

# 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 <b>HERMOSA BEACH 5000</b>	19 Mira Costa Track Intervals	20 Manhattan Pier Beach Exercises	21 Chip Gym Circuit	22 Manhattan Pier Long	23 Sand Dune Ramps	24 <b>RICHSTONE WALK</b>
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 <b>MOTHER'S DAY</b>	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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