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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 5:00am | 5:00am | 5:00am | 5:00am | 5:00am | 8:30am |
| 5:45am | 5:45am | 5:45am | 5:45am | 5:45am | 9:15am |
| 7:45am | 7:45am | 7:45am | 7:45am | 7:45am |  |
| 8:30am | 8:30am | 8:30am | 8:30am | 8:30am |  |
| 9:30am | 9:30am | 9:30am | 9:30am | 9:30am |  |
| 3:45pm | 3:45pm | 3:45pm | 3:45pm | 3:45pm |  |
| 4:30pm | 4:30pm | 4:30pm | 4:30pm | 4:30pm |  |
| 5:45pm | 5:45pm | 5:45pm | 5:45pm | 5:45pm |  |
| 6:30pm | 6:30pm | 6:30pm | 6:30pm | none |  |



1. PLEASE ARRIVE EARLY OR ONTIME FOR WARM UP. If you miss the warm up you will be required to wait until the next session. This is for your safety and for the service of the other clients in the session. It is very important that you warm up properly before any physical activity. Not warming up can lead to injury. It is also important for you to be able to see the exercises that are demonstrated during the warm up. This allows us to focus on proper form and safety for the entire group during the training session.
2. Please do not wear dirty shoes on the blue floor. Make sure the bottoms of your shoes are free from any debris or anything that can leave tracks on the floor.
3. Please do not talk during the warm up or the cool down. This is an important part of the training session and not only could you miss something important, but you could cause your fellow training partner to miss something.
4. Leave all negative thoughts, ideas, and talk outside! We are a place that encourages a strong positive environment. We want this to be everyone’s happy place every day! If you do have something you need to talk about (even if it is not related to boot camp) please pull us to the side and we will be happy to listen.
5. Leave as a champion and make champion decisions for the rest of the day!

Child Care guidelines (AVAILABLE ALL SESSIONS EXCEPT FOR 5AM, 545AM, AND SAT SESSIONS)

1. Please make sure your child does not need to use the restroom during the session. We will have to come and get you off the floor if your child is not old enough to use the restroom on their own.
2. If your child is potty training, and is having more accidents than victories, please have them in a diaper. If your child has an accident(with no diaper) we will have to come and get you off of the floor.
3. There is no hitting, wrestling, or aggressive touching allowed. If your child is in violation of these guidelines, they will not be allowed to come.
4. If your child has had a fever or vomited in the last 24 hours please do not bring your child in.
5. Please do not allow your children to run around on the floor. They are to stay in the child care room until you are ready to leave the facility. This is for the safety of the children.
6. Children are not permitted to eat or drink food of any kind in the child care room. This is for the safety of the other children.