

## Hamilton Fitness Schedule – Winter 2012

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Fit Start</b> 9:15-10:15am		<b>Core &amp; Strength</b> 9:00-10:00am				
	<b>Boot Camp</b> 7:00-8:00pm	<b>Yoga</b> 7:00-8:00pm	<b>Core &amp; Cardio</b> 7:00-8:00pm			