



### JANUARY 2016 IGNITE MILITARY BOOTCAMP TIMETABLE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	<b>PALM DAWN PATROL</b> PALM RUNNING TRACK 6:00 - 7:00 AM	<b>MARINA DAWN PATROL</b> SKY DIVE DUBAI, MARINA 6:00 - 7:00 AM	<b>PALM DAWN PATROL</b> PALM RUNNING TRACK 6:00 - 7:00 AM	<b>MARINA DAWN PATROL</b> SKY DIVE DUBAI, MARINA 6:00 - 7:00 AM	<b>GROUP RUNNING SESSION</b> PALM RUNNING TRACK 6:00 - 7:00 AM		
6:00 AM	<b>TOWN SQUARE DAWN PATROL</b> <i>launching 24th Jan</i> TOWN SQUARE - DOWNTOWN 6:00 - 7:00 AM		<b>TOWN SQUARE DAWN PATROL</b> <i>launching 24th Jan</i> TOWN SQUARE - DOWNTOWN 6:00 - 7:00 AM		<b>TOWN SQUARE DAWN PATROL</b> <i>launching 24th Jan</i> TOWN SQUARE - DOWNTOWN 6:00 - 7:00 AM		
7:00 AM						<b>BOOTCAMP OVERHAUL</b> RIVA BEACH CLUB, PALM 7:00 - 8:00 AM	
7:30 PM	<b>JLT NIGHT OPS - launching 24th Jan</b> JLT 7:30 - 8:30 PM		<b>JLT NIGHT OPS - launching 24th Jan</b> JLT 7:30 - 8:30 PM				
7:30 PM	<b>PALM NIGHT OPS</b> RIVA BEACH CLUB, PALM 7:30 - 8:30 PM	<b>PALM NIGHT OPS - on hold</b> RIVA BEACH CLUB, PALM 7:30 - 8:30 PM	<b>PALM NIGHT OPS</b> RIVA BEACH CLUB, PALM 7:30 - 8:30 PM	<b>PALM NIGHT OPS - on hold</b> RIVA BEACH CLUB, PALM 7:30 - 8:30 PM			
<b>PALM DAWN PATROL</b>	Group meet at Palm Running Track, Al Ittihad Park on Palm Jumeirah					Sunday & Tuesday @ 6 AM	
<b>JLT NIGHT OPS</b>	Group meet at Palm Running Track, Al Ittihad Park on Palm Jumeirah					Sunday & Tuesday @ 7:30 PM	
<b>TOWN SQUARE DAWN PATROL</b>	Group meet at Town Square, Down Town					Sunday & Tuesday & Thursday @ 6 AM	
<b>PALM NIGHT OPS</b>	Group meet at JLT Park					Sunday & Tuesday @ 7:30 PM	
<b>JUMEIRAH NIGHT OPS (On HOLD)</b>	Group meet at Jumeirah Beach, on running track near 6800 mtr marker					Sunday & Tuesday @ 7:30 PM (On HOLD)	
<b>MARINA DAWN PATROL</b>	Group meet at the Sky Dive Dubai Fitness Park, Marina					Monday & Wednesday @ 6 AM	
<b>GROUP RUNNING SESSION</b>	Group meet at Palm Running Track, Al Ittihad Park on Palm Jumeirah (group session, all locations meet to workout together)					Thursday @ 6 AM	
<b>BOOTCAMP OVERHAUL</b>	Group meet at the underground carpark entrance at Palm Jumeirah Shoreline Apartments Building 7. Near blue fence (group session, all locations meet to workout together) FULL BODY sessions					Friday @ 7 AM	

For more information -

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