



### 2017 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>PALM DAWN PATROL</b> PALM RUNNING TRACK 6:00 - 7:00 AM		<b>GROUP RUNNING SESSION</b> PALM RUNNING TRACK 6:00 - 7:00 AM		
7:00 AM							
7:30 PM	<b>PALM NIGHT OPS</b> PALM RUNNING TRACK 7:30 - 8:30 PM	<b>PALM NIGHT OPS</b> PALM RUNNING TRACK 7:30 - 8:30 PM	<b>PALM NIGHT OPS</b> PALM RUNNING TRACK 7:30 - 8:30 PM	<b>PALM NIGHT OPS</b> PALM RUNNING TRACK 7:30 - 8:30 PM			
<b>PALM DAWN PATROL</b>	Group meet at Palm Running Track, Al Ittihad Park on Palm Jumeirah					<b>Sunday &amp; Tuesday @ 6 AM</b>	
<b>PALM NIGHT OPS</b>	Group meet at Palm Running Track, Al Ittihad Park on Palm Jumeirah					<b>Sun, Mon, Tues, Wed @ 7:30 PM</b>	
<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)					<b>Thursday @ 6 AM</b>	
<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) <b>FULL BODY sessions</b>					<b>Not running</b>	

For more information -

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