



2017 IGNITE MILITARY BOOTCAMP TIMETABLE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am	PALM DAWN PATROL PALM RUNNING TRACK 6:00 - 7:00 AM		PALM DAWN PATROL PALM RUNNING TRACK 6:00 - 7:00 AM		GROUP RUNNING SESSION PALM RUNNING TRACK 6:00 - 7:00 AM		
7:00 am							
7:30 pm	PALM NIGHT OPS PALM RUNNING TRACK 7:30 - 8:30 PM		PALM NIGHT OPS PALM RUNNING TRACK 7:30 - 8:30 PM				
PALM DAWN PATROL	Group meet at Palm Running Track, Al Ittihad Park on Palm Jumeirah					Sunday & Tuesday @ 6 AM	
PALM NIGHT OPS	Group meet at Palm Running Track, Al Ittihad Park on Palm Jumeirah					Sun, Tues @ 7:30 PM	
GROUP RUNNING SESSION	Group meet at Palm Running Track, Al Ittihad Park on Palm Jumeirah (group session, all locations meet to workout together)					Thursday @ 6 AM	
BOOTCAMP OVERHAUL	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					Not running	

For more information -

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