



## IGNITE MILITARY BOOTCAMP & IGNITE BOOT CAMP 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		PALM DAWN PATROL PALM RUNNING TRACK 6:00 - 7:00 AM	IGNITE BOOT CAMP PALM RUNNING TRACK 6:00 - 7:00 AM	
7:00 am						IGNITE BOOT CAMP SILICON OASIS 7:00 - 8:00 AM	

### EVENING BOOT CAMPS

5:00 pm							MOTOR CITY BOOT CAMP ATRIUM BUILDING ROOFTOP 5:00 - 6:00 PM
6:30 pm					SPRINGS BOOTCAMP THE SPRINGS 15, Street 4 6:30 - 7:30 PM		
7:15 pm	JVT BOOT CAMP - GIRLS ONLY Basketball court JVT community 7:15 - 8:15 PM		JVT BOOT CAMP - GIRLS ONLY Basketball court JVT community 7:15 - 8:15 PM		JVT BOOT CAMP - GIRLS ONLY Basketball court JVT community 7:15 - 8:15 PM		
7:15 pm	SPRINGS BOOTCAMP THE SPRINGS 15, Street 4 7:15 - 8:15 PM		SPRINGS BOOTCAMP THE SPRINGS 15, Street 4 7:15 - 8:15 PM				
7:00 pm		MOTOR CITY BOOT CAMP ATRIUM BUILDING ROOFTOP 7:00 - 8:00 PM		MOTOR CITY BOOT CAMP ATRIUM BUILDING ROOFTOP 7:00 - 8:00 PM			
7:00 pm	SKY DIVE BOOT CAMP PALM RUNNING TRACK 7:00 - 8:00 PM		SKY DIVE BOOT CAMP PALM RUNNING TRACK 7:00 - 8:00 PM		SKY DIVE BOOT CAMP PALM RUNNING TRACK 7:00 - 8:00 PM		
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 BOOT CAMP	Group meet at Palm Running Track, Al Ittihad Park on Palm Jumeirah	Friday 6am
SPRINGS	Springs 15, Street 4 (Park)	Sunday & Tuesday 7:15 PM - Thursday 6:30 PM
SILICON OASIS	Behind the large Spinneys by the Cedre shopping centre	Sunday & Tuesday @ 6 AM
SKYDIVE DUBAI	Skydive Park	Sunday, Tuesday & Thursday 7 PM
MOTOR CITY	Atrium building rooftop	Monday, Wednesday, Saturday 7pm
JVT - GIRLS ONLY	Basketball court JVT community	Sunday, Tuesday & Thursday 7:15PM
PALM NIGHT OPS	Group meet at Palm Running Track, Al Ittihad Park on Palm Jumeirah	Sun, Mon, Tues, Wed @ 7:30 PM

For more information -

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