

# Bryan's Fitness Inferno Bootcamp Schedule - October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
	Full Body	Core & Cardio	Legs	Full Body	Guns & Buns	Drop A Dress Size
	AM - 5:15, 6, 10	AM - 5:15, 6, 10	AM - 5:15, 6, 10	AM - 5:15, 6, 10	AM - 5:15, 6, 10	Weigh - ins
	PM - 5, 6:30	PM - 5, 6:30	PM - 5, 6:30	PM - 5, 6:30	PM - 5, 6:30	12 - 1 pm
9	10	11	12	13	14	15
	Drop A Dress Size	Drop A Dress Size	Drop A Dress Size	Drop A Dress Size	Drop A Dress Size	Drop A Dress Size
	Thanksgiving Closed	Full Body	Core & Cardio	Full Body	Guns & Buns	
		AM - 5:15, 6, 10	AM - 5:15, 6, 10	AM - 5:15, 6, 10	AM - 5:15, 6, 10	
		PM - 5, 6:30	PM - 5, 6:30	PM - 5, 6:30	PM - 5, 6:30	
16	17	18	19	20	21	22
Drop A Dress Size	Drop A Dress Size	Drop A Dress Size	Drop A Dress Size	Drop A Dress Size	Drop A Dress Size	Drop A Dress Size
	Full Body	Core & Cardio	Legs	Full Body	Guns & Buns	
	AM - 5:15, 6, 10	AM - 5:15, 6, 10	AM - 5:15, 6, 10	AM - 5:15, 6, 10	AM - 5:15, 6, 10	
	PM - 5, 6:30	PM - 5, 6:30	PM - 5, 6:30	PM - 5, 6:30	PM - 5, 6:30	
23	24	25	26	27	28	29
Drop A Dress Size	Drop A Dress Size	Drop A Dress Size	Drop A Dress Size	Drop A Dress Size	Drop A Dress Size	Drop A Dress Size
	Full Body	Core & Cardio	Legs	Full Body	Guns & Buns	
	AM - 5:15, 6, 10	AM - 5:15, 6, 10	AM - 5:15, 6, 10	AM - 5:15, 6, 10	AM - 5:15, 6, 10	
	PM - 5, 6:30	PM - 5, 6:30	PM - 5, 6:30	PM - 5, 6:30	PM - 5, 6:30	
30	31	1	2	3	4	5
Drop A Dress Size	Halloween					
Final Weigh - ins	Full Body					
12 - 1 pm	AM - 5:15, 6, 10					
	No Evening Classes					

Ask about our **12 Week Weight Management Program**, designed to help you with your nutrition and hit your weight loss goals, even if you aren't doing classes or training.

Join our **Drop A Dress Size in 21 Days Transformation Challenge** For a Chance to **Win 3 Free Months** of Bootcamp Classes