

# 3<sup>rd</sup>. International Sports Aerobics & Fitness Training Camp 2018

- Schedule -

DAYS & TIME	15 WEDNESDAY	16 THURSDAY	17 FRIDAY	18 SATURDAY	19 SUNDAY	20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY
9 AM TO 11 AM	-	ADVANCE GROUP	ADVANCE GROUP	ADVANCE GROUP	BASIC GROUP	BASIC GROUP	BASIC GROUP	BASIC GROUP	BASIC GROUP
11 AM TO 1 PM	INTERNATIONAL GROUP	INTERNATIONAL GROUP	ADVANCE GROUP	INTERNATIONAL GROUP	ADVANCE GROUP	BASIC GROUP	INTERNATIONAL GROUP	BASICS GROUP	ADVANCE GROUP
<b><i>LUNCH BREAK 1 PM TO 3.30 PM</i></b>									
4 PM TO 6 PM	ADVANCE GROUP	ADVANCE GROUP	INTERNATIONAL GROUP	BASIC GROUP	BASIC GROUP	INTERNATIONAL GROUP	BASIC GROUP	ADVANCE GROUP	INTERNATIONAL GROUP
6 PM TO 8 PM	ADVANCE GROUP	INTERNATIONAL GROUP	INTERNATIONAL GROUP	ADVANCE GROUP	INTERNATIONAL GROUP	BASIC GROUP	ADVANCE GROUP	BASICS GROUP	INTERNATIONAL GROUP

- All are supposed to reach Gold's Gym before 15min of each training.
- Late comers would not be allowed to attend that training session.