



Fitness Heights Intl Boot Camp Calendar 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/Sun
Washington, DC NW	5:30 am 7:00 am 6:30 pm*run		5:30 am 7:00 am 6:30pm			7 am *run 9 am
Washington, DC NE *2 locations		5:30 am 7:00 am		5:30 am 7:00 am		
Alexandria, VA (meet at Alexandria Public Library)						11 am
Silver Spring, MD Sligo Creek Park		6:30 pm 7:30 pm		6:30 pm 7:30 pm		1 pm
Upper Marlboro, MD Redskin Stadium					7:30 am	3 pm

** Email jog4me@fitnessheights.com to confirm your weekly sessions to hold your slot. No training on holiday weekends. Sessions start May 16.
 NW: Cardozo HS 1300 Clifton Ave NW/ NE: 5:30 am Fort Lincoln Park or 7 am Galludet/ Alexandria, VA: Duke St. Alexandria Library, MD