

## IGNITE MILITARY BOOTCAMP & IGNITE BOOT CAMPS 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						IGITE BOOT CAMP SILICON OASIS 7:00 - 8:00 AM	
<b>EVENING BOOT CAMPS</b>							
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			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	

## IGNITE GROUP EX CLASSES

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		YOGA 14 FLOOR DUKES DUBAI 7:00 - 8:00 AM					
PM		BOX-FIT PALM RUNNING TRACK 7:30 - 8:30 AM		YOGA 14 FLOOR DUKES DUBAI 7:00 - 8:00 PM			
				BOX-FIT PALM RUNNING TRACK 7:30 - 8:30 AM			

**For more information –**

Call +971 (0)4 456 2482

Email – [info@ignite-wellness.com](mailto:info@ignite-wellness.com)