



CAPE COD

PD HIT (High Intensity Training) program at Body Strong- dates for 2018

Winter 2018: January 10th - February 16th 2018

Wednesday:	Friday:
January 10 th	January 12 th
January 17 th	January 19 nd
January 24 th	January 26 th
January 31 st	February 2 nd
February 7 th	February 9 th
February 14 th	February 16 th

Spring 2018: March 28 - May 4th* 2017

Wednesday:	Friday:
March 28 th	March 30 th
April 4 th †	April 6 th
April 11 th	April 13 th
April 18 th	April 20 th
April 25 th	April 27 th
May 2 nd	May 4 th

Spring/Summer May 23rd to June 9th 2018

Wednesday:	Friday:
May 23 rd	May 25 th
May 30 th	June 1 st
June 6 th	June 8 th
June 13 th	June 15 th
June 20 th	June 22 nd
June 27 th	June 29 th

Fall 2018: September 5th -October 19th 2018:

Wednesday:	Friday:
September 5 th	September 7 th
September 12 th	September 14 th
September 19 th	September 21 st
September 26 th	September 28 th
October 3 rd	October 5 th
October 10 th	October 12 th

Fall/Winter 2018: November 7th to December 14th 2018

November 7 th	November 9 th
November 14 th	November 16 th
November 21 st	off-November 23 rd
November 28 th	November 30 th
December 5 th	December 7 th
December 12 th	December 14 th
December 19 th	