

Bootcamp Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	INTEGRITY/ TEST DAY	COURAGE	KOKORO YOGA	COMMITMENT	DISCIPLINE	LSD EFFORT/ SPORTS/ FAMILY DAY	REST / RECOVER
Week 2	STAMINA	HONOR	KOKORO YOGA	MOTIVATION	BALANCE	LSD EFFORT/ SPORTS/ FAMILY DAY	REST / RECOVER
Week 3	INTENSITY	HONOR	KOKORO YOGA	COMMITMENT	COURAGE	LSD EFFORT/ SPORTS/ FAMILY DAY	REST / RECOVER
Week 4	BALANCE	INTENSITY	KOKORO YOGA	MOTIVATION	STAMINA	LSD EFFORT/ SPORTS/ FAMILY DAY	REST / RECOVER
Week 5	DISCIPLINE	INTEGRITY/ TEST DAY	KOKORO YOGA	MOTIVATION	COMMITMENT	LSD EFFORT/ SPORTS/ FAMILY DAY	REST / RECOVER
Week 6	BALANCE	COURAGE	KOKORO YOGA	INTENSITY	STAMINA	LSD EFFORT/ SPORTS/ FAMILY DAY	REST / RECOVER
Week 7	MOTIVATION	DISCIPLINE	KOKORO YOGA	COURAGE	HONOR	LSD EFFORT/ SPORTS/ FAMILY DAY	REST / RECOVER
Week 8	INTENSITY	BALANCE	KOKORO YOGA	STAMINA	INTEGRITY/ TEST DAY	LSD EFFORT/ SPORTS/ FAMILY DAY	REST / RECOVER
Week 9	8 WEEKS #1	HONOR	KOKORO YOGA	COMMITMENT	DISCIPLINE	LSD EFFORT/ SPORTS/ FAMILY DAY	REST / RECOVER
Week 10	8 WEEKS #2	COURAGE	KOKORO YOGA	INTENSITY	MOTIVATION	LSD EFFORT/ SPORTS/ FAMILY DAY	REST / RECOVER
Week 11	8 WEEKS #3	STAMINA	KOKORO YOGA	HONOR	BALANCE	LSD EFFORT/ SPORTS/ FAMILY DAY	REST / RECOVER
Week 12	8 WEEKS #4	COMMITMENT	KOKORO YOGA	DISCIPLINE	INTEGRITY/ TEST DAY	LSD EFFORT/ SPORTS/ FAMILY DAY	REST / RECOVER