

Change Your Body Boot Camps, Newton, MA

Group Personal Training, Weight Loss & Performance for Busy People

Master Calendar

2024

Class Schedule*

6:00am, M / W / F @ Virtual

9:00am, M / W / F @ Virtual

6:30pm, M @ Virtual, T / Th @ MC

#	MONTH	Su	M	Tu	W	Th	F	Sa	
52		24	25	26	27	28	29	30	
1	January	31	01	02	03	04	05	06	Phase 1 January 2 - January 26 (4on, 0off)
2		07	08	09	10	11	12	13	WW: 1/7, RD: 1/5; O&ND: Virtual-by appointment
3		14	15	16	17	18	19	20	**MLK Day, 1/15, no live workouts;
4		21	22	23	24	25	26	27	
5	February	28	29	30	31	01	02	03	Phase 2 January 28 - February 16 (3on, 1 off)
6		04	05	06	07	08	09	10	WW: 1/28; RD: 2/1; O&ND: Virtual-by appointment
7		11	12	13	14	15	16	17	
01		18	19	20	21	22	23	24	EW: 2/17 - 2/25, NPS Winter Vacation, no live workouts;
8	March	25	26	27	28	29	01	02	Phase 3 February 26 - March 15 (3on, 0off)
9		03	04	05	06	07	08	09	WW: 3/3; RD: 2/29; O&ND: Virtual-by appointment
10		10	11	12	13	14	15	16	
11		17	18	19	20	21	22	23	Phase 4 March 18 - April 12 (4on, 1off)
12		24	25	26	27	28	29	30	WW: 3/24; RD: 3/21; O&ND: Virtual-by appointment
13	April	31	01	02	03	04	05	06	
14		07	08	09	10	11	12	13	
02		14	15	16	17	18	19	20	EW: 4/13 - 4/21: NPS Spring Vacation, no live workouts;
15		21	22	23	24	25	26	27	Phase 5 April 21 - May 10 (3on, 0off)
16	May	28	29	30	01	02	03	04	WW: 4/28; RD: 4/25; O&ND: Virtual-by appointment
17		05	06	07	08	09	10	11	
18		12	13	14	15	16	17	18	Phase 6 May 13 - June 7 (4on, 0off)
19		19	20	21	22	23	24	25	WW: 5/19; RD: 5/16; O&ND: Virtual-by appointment
20	June	26	27	28	29	30	31	01	**Memorial Day, 5/27, no live workouts;
21		02	03	04	05	06	07	08	
22		09	10	11	12	13	14	15	Phase 7 June 9 - June 28 (3on, 1off)
23		16	17	18	19	20	21	22	WW: 6/9; RD: 6/13; O&ND: Virtual-by appointment
24		23	24	25	26	27	28	29	**Juneteenth 6/19, no live workouts;
03	July	30	01	02	03	04	05	06	
25		07	08	09	10	11	12	13	Phase 8 July 1 - July 26 (4on, 1off)
26		14	15	16	17	18	19	20	WW: 6/30; RD: 7/11; O&ND: Virtual-by appointment
27		21	22	23	24	25	26	27	**July 4 th & 5 th ; EW: 7/9-7/14, Summer Break #1, no live workouts
04	August	28	29	30	31	01	02	03	EW: 7/27 - 8/4, Summer Break #2, no live workouts;
28		04	05	06	07	08	09	10	Phase 9 August 5 - August 23 (3on, 1off)
29		11	12	13	14	15	16	17	WW: 8/11; RD: 8/8; O&ND: Virtual-by appointment
30		18	19	20	21	22	23	24	
05		25	26	27	28	29	30	31	EW: 8/24 - 9/2, Summer Break #3, no live workouts

31	September	01	02	03	04	05	06	07	Phase 10	September 3 - September 27 (4on, 0off)
32		08	09	10	11	12	13	14	WW: 9/8; RD: 9/5; O&ND: Virtual-by appointment	
33		15	16	17	18	19	20	21	**Labor Day, 9/2 & Personal Days 9/19 & 9/20, no live workouts;	
34		22	23	24	25	26	27	28	Phase 11	September 30 - October 25 (4on, 0off)
35	October	29	30	01	02	03	04	05	WW: 9/22; RD: 10/3; O&ND: Virtual-by appointment	
36		06	07	08	09	10	11	12	**Indigenous People's Day, 10/14, no live workouts;	
37		13	14	15	16	17	18	19		
38		20	21	22	23	24	25	26	Phase 12	October 28 - November 22 (4on, 0off)
39	November	27	28	29	30	31	01	02	WW: 10/20; RD: 10/31; O&ND: Virtual-by appointment	
40		03	04	05	06	07	08	09	**Halloween, 10/31 & Veteran's Day, 11/11, no workouts;	
41		10	11	12	13	14	15	16	***HHF, wk. of 11/18: 6:30p, M / T @ MC, Th @ Virtual	
42		17	18	19	20	21	22	23	Phase 13	November 25 - December 20 (4on, 2off)
43		24	25	26	27	28	29	30	WW: 11/24; RD: 11/28; O&ND: Virtual-by appointment	
44	December	01	02	03	04	05	06	07	**Thanksgiving & Black Friday, 11/28 & 11/29, no live workouts;	
45		08	09	10	11	12	13	14		
46		15	16	17	18	19	20	21	EW: 12/21 - 1/5, Year End Break, no live workouts;	
06		22	23	24	25	26	27	28		
07	January	29	30	31	01	02	03	04		

Key

46 weeks of training

7 weeks & major holidays off for recovery

White = Training

Sand = Recovery Weeks, Holidays & Personal

Blue Numbers = Holiday

= Guest Days are the 1st 2 weeks of any phase with advanced registration; Sept is Guest Month

* = All workouts are virtual except 6:30p, T / Th

** = No Live Workouts Schedule

*** = Facility Schedule Change

** = No live workout dates (holiday & personal):

1/1, 1/15, 2/19, 4/15, 5/27, 6/19, 7/4, 7/5, 7/9-7/12, 9/2, 9/19, 9/20, 10/14, 10/31, 11/11, 11/28, 11/29, 12/25 & 1/1/24

***HHF = Week of 11/21/24, Holly Harvest Fair
6:30p, M / T @ MC; Th @ Virtual

RD = Registration Deadline (11:59pm)

WW = Weekend Workout (45min-2.5 hrs)

O = Orientation (Virtual - 2hr SP)

ND = Nutrition Discussion (Virtual - 2.5hr SP)

SP = Semi-Private

EW = Empowerment Week

NPS = Newton Public School

**** = There are (129) workouts / time slot in 2024.

Hours, Locations & Contact Information

all workouts are virtual except 6:30pm, T / Th

6:00am, M / W / F @ Virtual

9:00am, M / W / F @ Virtual

6:30pm, M @ Virtual, T / Th @ MC

Mackenzie Center (MC)

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