U.S. AIR FORCE

DECEMBER GROUP EXERCISE CLASS SCHEDULE

USSF

Monday	Tuesday	Wednesday	Thursday	Friday
	1 0630-0730 Power Cycle | Judy 0900-1000 Pilates | Karen 1000-1100 Yoga | Karen 1130-1215 Deep Stretch | Kate 1215-1300 HIIT | Kate	2 1000-1100 Power Cycle | Sandra 1100-1200 Yoga Flow | Sandra 1300-1400 Big Guns Cardio Stretch | Derick	3 0630-0730 Power Cycle | Judy 0900-1000 HIIT | Karen 1000-1100 Cardio & Strength | Karen 1130-1215 Cardio Dance | Kate 1215-1315 Pilates | Kate	4 0630-0730 HIIT | Judy 1300-1400 Total Body Pump | Derick
7 0630-0730 HIIT | Judy 1000-1100 Body Conditioning | Sandra 1100-1200 Yoga Stretch | Sandra 1300-1400 Total Body Pump | Derick	8 0630-0730 Power Cycle | Judy 0900-1000 Pilates | Karen 1000-1100 Yoga | Karen 1130-1215 Deep Stretch | Kate 1215-1300 HIIT | Kate	9 1000-1100 Power Cycle | Sandra 1100-1200 Yoga Flow | Sandra 1300-1400 Big Guns Cardio Stretch | Derick	10 0630-0730 Power Cycle | Judy 0900-1000 HIIT | Karen 1000-1100 Cardio & Strength | Karen 1130-1215 Cardio Dance | Kate 1215-1315 Pilates | Kate	11 0630-0730 HIIT | Judy 1300-1400 Total Body Pump | Derick
14 0630-0730 HIIT | Judy 1000-1100 Body Conditioning | Sandra 1100-1200 Yoga Stretch | Sandra 1300-1400 Total Body Pump | Derick	15 0630-0730 Power Cycle | Judy 0900-1000 Pilates | Karen 1000-1100 Yoga | Karen 1130-1215 Deep Stretch | Kate 1215-1300 HIIT | Kate	16 1000-1100 Power Cycle | Sandra 1100-1200 Yoga Flow | Sandra 1300-1400 Big Guns Cardio Stretch | Derick	17 0630-0730 Power Cycle | Judy 0900-1000 HIIT | Karen 1000-1100 Cardio & Strength | Karen 1130-1215 Cardio Dance | Kate 1215-1315 Pilates | Kate	18 0630-0730 HIIT | Judy 1300-1400 Total Body Pump | Derick
21 0630-0730 HIIT | Judy 1300-1400 Total Body Pump | Derick	22 0630-0730 Power Cycle | Judy 0900-1000 Pilates | Karen 1000-1100 Yoga | Karen 1130-1215 Deep Stretch | Kate 1215-1300 HIIT | Kate	23 1300-1400 Big Guns Cardio Stretch | Derick	24 NO CLASSES (FEDERAL HOLIDAY)	25 NO CLASSES (FEDERAL HOLIDAY)
28 0630-0730 HIIT | Judy 1300-1400 Total Body Pump | Derick	29 0630-0730 Power Cycle | Judy 0900-1000 Pilates | Karen 1000-1100 Yoga | Karen 1130-1215 Deep Stretch | Kate 1215-1300 HIIT | Kate	30 1000-1100 Power Cycle | Sandra 1100-1200 Yoga Flow | Sandra 1300-1400 Big Guns Cardio Stretch | Derick	31 NO CLASSES (FEDERAL HOLIDAY)	

PATRICK FITNESS CENTER, FRONT DESK 321-494-4947

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