U.S. AIR FORCE

NOVEMBER GROUP EXERCISE CLASS SCHEDULE

USSF

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 0630-0730 Power Cycle | Judy	6 0630-0730 HIIT | Judy
9 0630-0730 HIIT | Judy	10 0630-0730 Power Cycle | Judy	11 NO CLASSES (FEDERAL HOLIDAY)	12 0630-0730 Power Cycle | Judy	13 0630-0730 HIIT | Judy
16 0630-0730 HIIT | Judy	17 0630-0730 Power Cycle | Judy	18	19 0630-0730 Power Cycle | Judy	20 0630-0730 HIIT | Judy
23 0630-0730 HIIT | Judy	24 0630-0730 Power Cycle | Judy	25	26 NO CLASSES (FEDERAL HOLIDAY)	27 0630-0730 HIIT | Judy
30 0630-0730 Power Cycle | Judy				

PATRICK FITNESS CENTER, FRONT DESK 321-494-4947

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