U.S. AIR FORCE

OCTOBER GROUP EXERCISE CLASS SCHEDULE

USSF

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **0630-0730** Power Cycle | Judy	2 **0630-0730** HIIT | Judy
5 **0630-0730** HIIT | Judy	6 **0630-0730** Power Cycle | Judy	7	8 **0630-0730** Power Cycle | Judy	9 NO CLASSES (GOAL DAY)
12 FEDERAL HOLIDAY	13 **0630-0730** Power Cycle | Judy	14	15 **0630-0730** Power Cycle | Judy	16 **0630-0730** HIIT | Judy
19 **0630-0730** HIIT | Judy	20 **0630-0730** Power Cycle | Judy	21	22	23
26	27	28	29	30

PATRICK FITNESS CENTER, FRONT DESK 321-494-4947

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45th FORCE SUPPORT SQUADRON