

03+000Aug 31 to Sep 6 Group Exercise Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0630 - 0730		Power Cycle - Judy		Power Cycle - Judy	HIIT - Judy	
0700-0800						
0745-0915		* GRT Strength & Conditioning		* GRT Strength & Conditioning	* GRT Strength & Conditioning	
0900-1000		Cardio Strength - Karen		Cardio Strength - Karen		
1000-1100		Pilates - Karen		Core & Glutes - Karen		
1100 - 1200					Yoga Flow - Sandra	
1130-1215		Deep Stretch - Kate		Cardio Dance - Kate		
1130-1230			Power Cycle - Sandra			
1215-1315		HIIT - Kate		Pilates - Kate		
1245-1315						
1530-1630			Vinyasa Yoga - Jessica	AFTAC Reservation		
1630-1730			Power Yoga - Jessica	Pop Dance Fitness - Jena		

Monday , September 1 - Labor Day
C00000* Military Only