

GROUP FITNESS CLASS SCHEDULE PATRICK FITNESS CENTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630 - 0730		INDOOR CYCLING JUDY		INDOOR CYCLING JUDY	
0700 - 0800	FIP CARDIO BLAST STEVEN				FIP CARDIO BLAST STEVEN
1000 - 1100	VINYASA YOGA SEPANDAR		VINYASA YOGA SEPANDAR		
1130 - 1230	BODY CONDITIONING SANDRA	INDOOR CYCLING JUDY	INDOOR CYCLING SANDRA	INDOOR CYCLING JUDY	YOGA FIT SANDRA
1600 - 1700	POWER FLOW SEPANDAR		POWER FLOW SEPANDAR		

PLEASE CONTACT JEFFREY.HOWELL.7@SPACEFORCE.MIL FOR PRIVATE SQUADRON PT CLASSES

NO CLASSES ON DATES LISTED BELOW:

1 JULY	4 JULY
2 SEPTEMBER	5 SEPTEMBER
7 OCTOBER	10 OCTOBER
14 NOVEMBER	11 NOVEMBER
23 DECEMBER	26 DECEMBER
30 DECEMBER	2 JANUARY