

August

Hip Hop Dance- Cindy			August			Beginner/Power Yoga-Eryn								
WellBeats-Staff						Lunch Time Circuit Training								
Tabatta/KB AMPD-Kimberly						Vinyassa Yoga-Amy								
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		All classes are \$4 each.
30		31		1		2		3		4		5		
		0900-Well-Beats				0900-Well-Beats								
				1015 Vinyassa Yoga						1000 Hip Hop Dance				
		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330				
		1830 Vinyassa Yoga				1730 Vinyassa Yoga								
6		7		8		9		10		11		12		Coupon Books available for all classes
		0900-Well-Beats		0900 Tabatta		0900-Well-Beats		0930 KB AMPD						
		1000 Hip Hop Dance		1015 Vinyassa Yoga						1000 Hip Hop Dance				
		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330				
				1730 Vinyassa Yoga										
13		14		15		16		17		Training Holiday 0800-2000 18		19		PT Fitness Classes now available. To schedule a PT Session, please have your Unit representative contact the Post Gym Staff at DSN: 466-2883/3633
		0900-Well-Beats		0900 Tabatta		0900-Well-Beats		0930 KB AMPD						
		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330				
		1730 Vinyassa Yoga				1730 Vinyassa Yoga								
20		Training Holiday 0800-2000 21		22		23		24		25		26		
		0900-Well-Beats		0900 Tabatta		0900-Well-Beats		0930 KB AMPD						
		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330				
		1730 Vinyassa Yoga				1730 Vinyassa Yoga								
27		28		29		30		31		1		2		Personal Trainers are here, Book with staff now.
		0900-Well-Beats		0900 Tabatta		0900-Well-Beats		0930 KB AMPD						
												1015-Tabatta		
		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330				
		1730 KB AMPD				1730 Vinyassa Yoga								

Classes times and dates are subject to change!