

October

Hip Hop Dance- Cindy
WellBeats-Staff
Tabatta/KB AMPD-Kimberly

Lunch Time Circuit Training
Vinyassa Yoga-Amy

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	1		2		3		4		5	Training Holiday 0800-2000	6		7
		0930 Hip Hop Dance		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					
	8	Columbus Day 0800-1600	9		10		11		12		13		14
		0930 Hip Hop Dance		0900 Tabatta		0900-Well-Beats		0930 KB AMPD		0930 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				1730 Vinyassa Yoga					
	15		16		17		18		17		20		21
		0930 Hip Hop Dance		0900 Tabatta		0900-Well-Beats		0930 KB AMPD		0930 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				1730 Vinyassa Yoga					
	22		23		24		25		26		27		28
		0930 Hip Hop Dance		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					
	29		30		31		1		2		3		4
		0930 Hip Hop Dance		0900 Tabatta		0900-Well-Beats		0930 KB AMPD		0930 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				1730 Vinyassa Yoga					

All classes are
\$4 each.

Coupon Books
available for all
classes

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

Personal Trainers are
here, Book with staff
now.

Classes times and dates are subject to change!