

2019 January

Tabata HIIT- Kimberly						Indoor Cycling -Mel								
Integral/Vinyassa Yoga- Laughlin						Lunch Time Circuit Training								
Zumba - Beatriz						Circuit Bootcamp - Kimberly								
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Individual classes are \$4 each. Discount ticket books are available.
30		31		1		2		3		4		5		
				No Class		No Class		No Class		0900 Indoor Cycling				
				L.C.T. - 1130-1300						No Class				
						No Class		L.C.T. - 1130-1300		1130 Integral Yoga				
						1730 Indoor Cycling								
6		7		8		9		10		11		12		
		0900 Integral Yoga		0900 Tabata		0900 Zumba		0930 Circuit Bootcamp		0900 Indoor Cycling				
		No Class		L.C.T. - 1130-1300		1130 Integral Yoga		L.C.T. - 1130-1300		1015 Zumba				
						1730 Indoor Cycling				1130 Integral Yoga				
13		14		15		16		17		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 Integral Yoga		0900 Tabata		0900 Zumba		0930 Circuit Bootcamp		0900 Indoor Cycling				
		1130 Indoor Cycling		L.C.T. - 1130-1300		1130 Integral Yoga		L.C.T. - 1130-1300		1015 Zumba				
						No Class				1130 Integral Yoga				
20		21		22		23		24		25		26		
		No Class		0900 Tabata		0900 Zumba		0930 Circuit Bootcamp		0900 Indoor Cycling				
		1130 Indoor Cycling		L.C.T. - 1130-1300		1130 Integral Yoga		L.C.T. - 1130-1300		1015 Zumba				
						1730 Indoor Cycling				1130 Integral Yoga				
27		28		29		30		31		1		2		Looking for Massage Therapist.
		No Class		0900 Tabata		0900 Zumba		0930 Circuit Bootcamp						
		1130 Indoor Cycling		L.C.T. - 1130-1300		1130 Integral Yoga		L.C.T. - 1130-1300						
						1730 Indoor Cycling								
3		4		5		6		7		8		9		Now Hiring Personal Trainers.
														

Classes times and dates are subject to change!