Tabata HIIT - Kimberly
Zumba - Beatriz
Integral/Vinyassa Yoga - Laughlin

2019 March

Indoor Cycling -Mel
Lunch Time Circuit Training
Circuit Bootcamp- Kimberly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
24	25	26	27	28	1 0900 Indoor Cycling 1015 Zumba 1130 Integral Yoga	2	Individual classes are $4 each. Discount ticket books are available.
3	4 0900 Integral Yoga 1730 Indoor Cycling	5 0900 Tabata HIIT L.C.T. - 1130-1300	6 0900 Zumba 1130 Integral Yoga	7 0930 Circuit Bootcamp L.C.T. - 1130-1300	8 0900 Indoor Cycling 1015 Zumba 1130 Integral Yoga	9	WELLBEATS
10	11 0900 Integral Yoga 1730 Indoor Cycling	12 0900 Tabata HIIT L.C.T. - 1130-1300	13 0900 Zumba 1130 Integral Yoga	14 0930 Circuit Bootcamp L.C.T. - 1130-1300	15 NO CLASS 1015 Zumba 1130 Integral Yoga	16	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
17	18 0900 Integral Yoga NO CLASS	19 0900 Tabata HIIT L.C.T. - 1130-1300	20 0900 Zumba 1130 Integral Yoga	21 0930 Circuit Bootcamp L.C.T. - 1130-1300	22 0900 Indoor Cycling 1015 Zumba 1130 Integral Yoga	23	
24	25 NO CLASS 1730 Indoor Cycling	26 NO CLASS L.C.T. - 1130-1300	27 NO CLASS 1130 Integral Yoga	28 NO CLASS L.C.T. - 1130-1300	29 0900 Indoor Cycling NO CLASS NO CLASS	30	Functional Fitness Gym Orientations are Wednesday at 9AM and 1230PM
31	1	2	3	4	5	6	Now Hiring Personal Trainers.

Classes times and dates are subject to change!