

Yoga Fusion - Sonya  
 Indoor Cycling - Justine  
 Pure Yoga - Helmut  
 Body Blast/Tabata/Circuit - Emma

# February

Fat Blast Boot Camp - Paige  
 Indoor Cycling - Candace  
 Indoor Cycling - Patty  
 Cardio Weights - Eugenia

TaeKwonDo - Michael, Bldg 47  
 Brazilian Jiu Jitsu - Jeremy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 	28	29	30	31	1	2
	0815 Indoor Cycling 0900 Cardio Weights 1200 Body Blast	0630 Indoor Cycling 0900 Indoor Cycling 1200 30 min Circuit	0815 Indoor Cycling 0900 Cardio Weights 1200 Tabata	0630 Indoor Cycling 0900 Indoor Cycling 1200 30 min Circuit	0900 Cardio Weights 1200 Body Blast	0945 Indoor Cycling 1100 Boot Camp
	1730 Indoor Cycling 1800 - 2000 BJJ	1730 Pure Yoga 1830 Boot Camp 1905 Taekwondo	1730 Indoor Cycling 1800 - 2000 BJJ	1730 Pure Yoga 1830 Boot Camp 1905 Taekwondo	1800 - 2000 BJJ	
3	4	5	6	7	8	9
	0815 Indoor Cycling 0900 Cardio Weights 1200 Body Blast	0630 Indoor Cycling 0900 Indoor Cycling 1200 30 min Circuit	0815 Indoor Cycling 0900 Cardio Weights 1200 Tabata	0630 Indoor Cycling 0900 Indoor Cycling 1200 30 min Circuit	0900 Cardio Weights 1200 Body Blast	0945 Indoor Cycling 1100 Boot Camp
	1630 Yoga Fusion 1730 Indoor Cycling 1800 - 2000 BJJ	1730 Pure Yoga 1830 Boot Camp 1905 Taekwondo	1630 Yoga Fusion 1730 Indoor Cycling 1800 - 2000 BJJ	1730 Pure Yoga 1830 Boot Camp 1905 Taekwondo	1630 Yoga Fusion 1800 - 2000 BJJ	
10	11	12	13	14	15	16
	0815 Indoor Cycling 0900 Cardio Weights 1200 Body Blast	0630 Indoor Cycling 0900 Indoor Cycling 1200 30 min Circuit	0815 Indoor Cycling 0900 Cardio Weights 1200 Tabata	0630 Indoor Cycling 0900 Indoor Cycling 1200 30 min Circuit	Training Holiday 0900-2000 Hours	0945 Indoor Cycling 1100 Boot Camp
	1630 Yoga Fusion 1730 Indoor Cycling 1800 - 2000 BJJ	1730 Pure Yoga 1830 Boot Camp 1905 Taekwondo	1630 Yoga Fusion 1730 Indoor Cycling 1800 - 2000 BJJ	1730 Pure Yoga 1830 Boot Camp 1905 Taekwondo	1800 - 2000 BJJ	
17	18	19	20	21	22	23
	Washington's Birthday Federal Holiday 0900-1700 Hours	0630 Indoor Cycling 0900 Indoor Cycling 1200 30 min Circuit	0815 Indoor Cycling 0900 Cardio Weights 1200 Tabata	0630 Indoor Cycling 0900 Indoor Cycling 1200 30 min Circuit	0900 Cardio Weights 1200 Body Pump	1100 Boot Camp
	1800 - 2000 BJJ	1730 Pure Yoga 1830 Boot Camp 1905 Taekwondo	1630 Yoga Fusion 1730 Indoor Cycling 1800 - 2000 BJJ	1730 Pure Yoga 1830 Boot Camp 1905 Taekwondo	1630 Yoga Fusion 1800 - 2000 BJJ	
24 	25	26	27	28	1	2
	0815 Indoor Cycling 0900 Cardio Weights 1200 Body Blast	0630 Indoor Cycling 0900 Indoor Cycling 1200 30 min Circuit	0815 Indoor Cycling 0900 Cardio Weights 1200 Tabata	0630 Indoor Cycling 0900 Indoor Cycling 1200 30 min Circuit	0900 Cardio Weights 1200 Body Blast	0945 Indoor Cycling 1100 Boot Camp
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All 1-hour classes are \$3 each. Lunchtime special Mon - Fri: \$2.00!!!

Monthly Passes are available for many of our instructors.

PT Functional Fitness Circuits 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.