

FITNESS CLASS SCHEDULE

MON

**6am
CrossFit**
.....

**12pm
*Strength &
Conditioning 101**

WED, Mar 6 & 20



**10:30am-12pm
InBody Blood Pressure
Screening**

THU

**12pm
*Strength &
Conditioning 101**
.....

**4pm
CrossFit**

TUE

**12pm
*Strength &
Conditioning 101**
.....

**4pm
CrossFit**
.....

**5-6pm
CO-ED
Self Defense**
.....

**6-7pm
Women Only
Self Defense**

FRI

**6am
CrossFit**
.....

**12pm
*Strength &
Conditioning 101**

WED

**6am
CrossFit**
.....

**12pm
*Strength &
Conditioning 101**
.....

**12pm
Nutrition**
.....

**12:30-1:15pm
Health Class:
Fad Diets &
Food Safety
(Mar 6 & 20)**
.....

**3pm
Rock Climbing
Certification
Call to RSVP**
.....

**4pm
CrossFit**

***Strength & Conditioning 101 open to Civilians.
Priority given to Active Duty. Class Size: 25 max.**

