

# CLASSES

## Monday

6am-7am	F.I.P.
7:30am-8:30am	Yoga
9am-10am	Yoga
4pm-5pm	F.I.P.
5:45pm-6:15pm	Pump
6:15pm-7pm	Step Aerobics

## Tuesday

6am-7am	F.I.P.
11am-12pm	Spin
4pm-5pm	F.I.P.
6pm-7pm	Zumba

## Wednesday

6am-7am	F.I.P.
7:30am-8:30am	Yoga
9am-10am	Yoga
4pm-5pm	F.I.P.
5:45pm-6:15pm	Pump
6:15pm-7:15pm	Strong by Zumba

## Thursday

6am-7am	F.I.P.
11am-12pm	Spin
4pm-5pm	F.I.P.

## Friday

6am-7am	F.I.P.
7:30am-8:30am	Yoga
9am-10am	Yoga
4pm-5pm	F.I.P.


## Saturday


9:15am-9:45am	Step Aerobics
10:15am-10:45am	Pump




**NO EXCUSES**

**FIND US HERE**

 385 Aardvark Avenue, Bldg 2371, MHAFB, Idaho

 Facebook: FitnessCenter366FSS

 (208)828-2381

GUNFIGHTER  
FITNESS CENTER

# EVENT CALENDAR 2024



# INTRAMURALS

# WALK, RUN, SWIM

# EVENTS

January

Basketball Starts

February

Basketball Ends

March

Volleyball Starts  
Soccer Starts

April

Volleyball Continues  
Soccer Continues

May

Volleyball Ends  
Soccer Ends

July

Softball Starts

August

Softball Ends

September

Flag Football Starts

October

Flag Football Continues

November

Flag Football Ends

December

Basketball Starts

March 18 @ 3:30pm | Saint Patty's Day 5k

April 26 @ 3:30pm | SAPR Color Run

May 1 @ 3:30pm | Run4Fun 5k

June 5 @ 3:30pm | Fun Run

August 1 @ 3:30pm | Family Run

September 11 @ 3:30pm | 9/11 Run/Ruck

October 2 @ 3:30pm | Zombie Run 5k

October 18 @ 3:30pm | Gunfighter Strong

\*Dates are subject to change on intramurals, 5K's, and events.\*

January

19 | Wing Sports Day | 7:30am-4:30pm

February

9 | Weight Lifting Competition | 4pm

March

8 | Volleyball Tournament | 3pm  
18 | Saint Patty's Day 5k | 3:30pm

April

26 | SAPR Color Run | 3:30pm

May

1 | Run4Fun 5k | 3:30pm

June

5 | Fun Run | 3:30pm

July

5 | Flag Football Tournament | 3pm

August

1 | Family Run | 3:30pm

September

11 | 9/11 Run/Ruck | 3:30pm

October

2 | Zombie Run | 3:30pm  
18 | Gunfighter Strong | 3:30pm