

**GROUP FITNESS CLASS SCHEDULE FEBRUARY 2024
PATRICK FITNESS CENTER**

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|--------------------------------|------------------------|--------------------------|------------------------|--------------------------------|
| 0630 - 0730 | - | INDOOR CYCLING JUDY | - | INDOOR CYCLING JUDY | - |
| 0700 - 0800 | HIIT JUDY | - | - | - | HIIT JUDY |
| 1000 - 1100 | YOGA SEPANDAR | - | YOGA SEPANDAR | - | BODY CONDITIONING SANDRA |
| 1130 - 1230 | BODY CONDITIONING SANDRA | INDOOR CYCLING JUDY | INDOOR CYCLING SANDRA | INDOOR CYCLING JUDY | YOGA FIT SANDRA |
| 1230 - 1300 | STRETCH & FLOW SANDRA | - | - | - | - |

PLEASE CONTACT JEFFREY.HOWELL.7@SPACEFORCE.MIL FOR PRIVATE SQUADRON PT CLASSES

NO CLASSES ON FEDERAL HOLIDAYS