

HURLBURT FIELD FITNESS CLASSES

■ Classes held at Aderholt Fitness
 ■ Classes held at Riptide Fitness
 ■ Classes held at Base Pool
 ■ Classes held at Marina

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|---|--|---|---|---|---------------------------------|
| 6AM | Spin (FIP) Commando Fit (@ Combat Fit East) | Spin (FIP) CommandoFit (@CombatFitEast) ONRAMP starts at beginning of each month runs 4 weeks | Commando Fit (@ Combat Fit East) | Spin (FIP) CommandoFit (@CombatFitEast) ONRAMP starts at beginning of each month runs 4 weeks | H.I.I.T (FIP) Commando Fit (@ Combat Fit East) | |
| 7:30AM | | | | | | Beach Boot Camp |
| 8:30AM | Fit For Life | TurboKick® | Fit For Life | TurboKick® | Boot Camp (FIP) | Paddle Board Yoga Spin (FIP) |
| 9:30AM | | | | | | Power Pump Xpress (30 min) |
| 9:45AM | TurboKick® | Power Sculpt | Yoga | Power Pump | Yoga | |
| 10:30AM | | | | | | |
| 11:10AM | Get F.H.I.I.T | Yoga | Get F.H.I.I.T | Yoga | Get F.H.I.I.T | |
| 11:30AM | Spin (FIP) | Spin (FIP) | Spin (FIP) | Spin (FIP) | Spin (FIP) | |
| 12PM | Water Aerobics | | Water Aerobics | | Water Aerobics | |
| 12:30PM | | Abs & Glutes (30 mins) | HardCORE Abs (20 mins) | Abs & Glutes (30 mins) | HardCORE Abs (20 mins) | |
| 4PM | The Gauntlet | Step | The Gauntlet | Step | Get F.H.I.I.T | |
| 5PM | Spin Youth Kuk Sool Won™ with Amado* Power Pump Commando Fit (@ Combat Fit East) | Power Pump H.I.I.T(FIP) Commando Fit ONRAMP starts at beginning of each month runs 4 weeks (@ Combat Fit East) | Spin Youth Kuk Sool Won™ with Amado* YOGA Commando Fit (@ Combat Fit East) | Power Pump H.I.I.T (FIP) Commando Fit ONRAMP starts at beginning of each month runs 4 weeks (@ Combat Fit East) | Youth Kuk Sool Won™ with Amado* Commando Fit (@ Combat Fit East) | |
| 6PM | Adult Kuk Sool Won™ with Amado* | | Adult Kuk Sool Won™ with Amado* | | Adult Kuk Sool Won™ with Amado* | |
| 6:15PM | ZUMBA® | Dance Fitness | ZUMBA® | Dance Fitness | | |