



HURLBURT FIELD FITNESS CLASSES

Classes held at Aderholt Fitness

Classes held at Riptide Fitness

Classes held at Base Pool

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Spin (FIP) Commando Fit (@ Combat Fit East)	Spin (FIP) Commando Fit (@ Combat Fit East)	Spin (FIP) Commando Fit (@ Combat Fit East)	Spin (FIP) Commando Fit (@ Combat Fit East)	Spin (FIP) Commando Fit (@ Combat Fit East)	
6:15AM						
8:30AM	Fit For Life		Fit For Life		Boot Camp (FIP)	Spin (FIP)
9:30AM						Power Pump Xpress
9:45AM		Power Sculpt	Restorative Yoga	Zumba Toning	Restorative Yoga	
10:15AM						
11:10AM	Dance Fitness	Yoga		Yoga	Zumba	
11:30AM	Spin (FIP)	Spin (FIP)	Spin (FIP)	Spin (FIP)	Spin (FIP)	
12PM			Water Aerobics		Water Aerobics	
12:20PM			HardCORE Abs (20 mins)		HardCORE Abs (20 mins)	
12:30PM		Abs & Glutes (30 mins)		Abs & Glutes (30 mins)		
4PM		Step	Kick-n-Step	Step		
4:45PM						
5PM	Spin Youth Kuk Sool Won™ with Amado* H.I.I.T (FIP) Commando Fit (@ Combat Fit East)	Power Pump H.I.I.T(FIP) Commando Fit *Commando Fit ONRAMP <small>*starts at beginning of each month runs 4 weeks</small> (@ Combat Fit East)	Spin Youth Kuk Sool Won™ with Amado* Commando Fit (@ Combat Fit East)	Power Pump H.I.I.T (FIP) Commando Fit *Commando Fit ONRAMP <small>*starts at beginning of each month runs 4 weeks</small> (@ 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®	ZUMBA®	ZUMBA®	Dance Fitness	Dance Fitness	



FIP = Fitness Improvement Plan
No classes held on Sunday and Federal Holidays.

* Fees apply. Schedule and fees subject to change.
Classes may require registration.

For more information, contact:

Aderholt Fitness Center: 884-6884

Riptide Fitness Center: 881-5121

Commando Fitness Center: 884-4412

Visit us online at MyHurlburt.com Current as of:
5.1.2017. Subject to change without notice.