

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) Commando Fit (@ Combat Fit East)	H.I.I.T (FIP) Commando Fit (@ Combat Fit East)	Spin (FIP) Commando Fit (@ Combat Fit East)	H.I.I.T (FIP) Commando Fit (@ Combat Fit East)	
6:15AM						
8:30AM	Fit For Life	TurboKick®	Fit For Life	TurboKick®	Boot Camp (FIP)	Spin (FIP)
9:30AM						Power Pump Xpress (30 min)
9:45AM	TurboKick® *NEW*	Power Sculpt	Yoga	Zumba Toning	Yoga	
10:30AM						Yoga
11:10AM	Step	Yoga	Step	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	The Gauntlet	Step	COMING IN NOV Get F.H.I.I.T. *NEW*	
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 * 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 *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		