



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)	NEW Spin (FIP) Commando Fit (@ Combat Fit East)	
6:15AM		Restorative Yoga				
8:30AM	Fit For Life		Fit For Life		Boot Camp (FIP)	Spin (FIP)
9:30AM						Power Pump Xpress
9:45AM	Total Body Sculpt	Power Circuit	Restorative Yoga	Zumba Toning	Restorative Yoga	
10:15AM						Yoga
11:10AM	Yoga	Dance Fitness	Step-n-Tone	Yoga	Zumba	
11:30AM	Spin (FIP)	Spin (FIP)	Spin (FIP)	Spin (FIP)	Spin (FIP)	
12PM	Water Aerobics		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			Yoga "The Barkan Method"			
5PM	Spin Youth Kuk Sool Won™ with Amado* Step Commando Fit (@ Combat Fit East)	Power Pump Cardio Sculpt (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 Cardio Sculpt (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	NEW CLASS 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: 2.8.2017. Subject to change without notice.