

Hurlburt Field Fitness Classes

This schedule effective January 10, 2023, until further notice.
Classes subject to change without notice.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Commando CrossFit @ Combat Fit East	*Cardio Blast with Joe <i>(Requires 24/7 access)</i> Commando CrossFit @ Combat Fit East	Commando CrossFit @ Combat Fit East	*Cardio Blast with Joe <i>(Requires 24/7 access)</i> Commando CrossFit @ Combat Fit East	Commando CrossFit @ Combat Fit East	
6:30AM						
8:30AM	Fit for Life with Frances	Boot Camp with Frances	Fit for Life with Frances	Boot Camp with Frances		
9:30am			Abs on Fire with Frances <i>(30mins)</i>			*Kids Boxing age 5–12 with Joe <i>From 9:30–11am</i> Commando CrossFit @ Combat Fit East
9:45AM		Power Sculpt with Cheri		Power Sculpt with Cheri		
10:45AM			Yoga with Charles		Pilates with Charles	
11:00AM		Yoga with Cheri		Yoga with Cheri		*Competition Boxing 101 with Joe
11:30AM		Spin with Lisa		Spin with Lisa		
1PM						
4PM	Step with BJ	*Kids Boxing age 5–12 with Joe <i>From 4–5:30pm</i>	Hitt with BJ	*Kids Boxing age 5–12 with Joe <i>From 4–5:30pm</i>		
5PM	Spin with Kim *Kuk Sool Won™ (Youth) with Amado Commando CrossFit @ Combat Fit East	Power Pump with Kim Commando CrossFit @ Combat Fit East	*Kuk Sool Won™ (Youth) with Amado Commando CrossFit @ Combat Fit East	Power Pump with Kim Commando CrossFit @ Combat Fit East	Commando CrossFit @ Combat Fit East	
5:30PM		*Competition Boxing 101 with Joe		*Competition Boxing 101 with Joe		
6:00PM	*Kuk Sool Won™ (Adults) with Amado	Commando CrossFit ONRAMP @ Combat Fit East	*Kuk Sool Won™ (Adults) with Amado	Commando CrossFit ONRAMP @ Combat Fit East		

Combat Fit East Pad
 Classes held at Aderholt Fitness
 Classes held at Riptide Fitness
 Classes held at Base Pool
 Classes held at Marina

FIP = Fitness Improvement Plan, all classes qualify for (FIP)
No classes held on Federal Holidays
* = Fees apply, classes may require registration
All classes 1HR unless noted

Aderholt Fitness Center: (850) 884-6884
Riptide Fitness Center: (850) 881-5121
Commando Fitness Center: (850) 884-4412

MYHURLBURT.COM

