


Hurlburt Field Fitness Classes

This schedule effective September 6, 2022, until further notice.
Classes subject to change without notice.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Commando CrossFit @ Combat Fit East	<i>Spin with Lisha</i> Commando CrossFit @ Combat Fit East	Commando CrossFit @ Combat Fit East	<i>Spin with Lisha</i> Commando CrossFit @ Combat Fit East	Commando CrossFit @ Combat Fit East	
8:30AM	<i>Fit for Life with Frances</i>	<i>Boot Camp with Frances</i>	<i>Fit for Life with Frances</i>	<i>Boot Camp with Frances</i>		
9:30am						Commando CrossFit @ Combat Fit East
9:45AM		<i>Power Sculpt with Cheri</i>		<i>Power Sculpt with Cheri</i>		
11:10AM		<i>Yoga with Cheri</i>		<i>Yoga with Cheri</i>	<i>Pilates with Charles</i>	
11:30AM	<i>Water Aerobics with Michele</i>	<i>Spin with Lisa</i>	<i>Water Aerobics with Michele</i>	<i>Spin with Lisa</i>	<i>Water Aerobics with Michele</i>	
12PM		<i>Abs on Fire 2.0 with Frances (30mins)</i>		<i>Abs on Fire 2.0 with Frances (30mins)</i>		
1PM	<i>Military P.T. with Frances</i>		<i>Military P.T. with Frances</i>			
4PM	<i>Step with BJ</i> Xtreme HIIT with Frances (30 min)	<i>Abs on Fire 2.0 (30mins) with Frances</i>	<i>Boot Camp with BJ</i> Yoga with Charles	<i>Abs on Fire 2.0 (30mins) with Frances</i>		
5PM	<i>Spin with Kim</i> *Kuk Sool Won™ (Youth) with Amado Commando CrossFit @ Combat Fit East	*Hapkido Self-Defense with Master Martin Power Pump with Kim Commando CrossFit @ Combat Fit East	*Kuk Sool Won™ (Youth) with Amado Commando CrossFit @ Combat Fit East	*Hapkido Self-Defense with Master Martin Power Pump with Kim Commando CrossFit @ Combat Fit East	Commando CrossFit @ Combat Fit East	
5:30PM		<i>*Boxing 101 with Joe</i>		<i>*Boxing 101 with Joe</i>		
6:00PM	*Kuk Sool Won™ (Adults) with Amado		*Kuk Sool Won™ (Adults) with Amado			

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

