

Hurlburt Field Fitness Classes

This schedule effective April 1, 2024, until further notice.
Classes subject to change without notice.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Commando CrossFit @ Combat Fit East	Commando CrossFit @ Combat Fit East <i>*Spring Sweat and Shred with Joe</i>	Commando CrossFit @ Combat Fit East	Commando CrossFit @ Combat Fit East <i>*Spring Sweat and Shred with Joe</i>	Commando CrossFit @ Combat Fit East	
8:30AM	<i>^ Fit for Life with BJ</i>		<i>^ Fit for Life with BJ</i>			
10:00AM		<i>^ Power Sculpt with Cherri</i>		<i>^ Power Sculpt with Cherri</i>		
10:45AM			<i>^ Yoga with Charles</i>		<i>^ Pilates with Charles</i>	
11:00AM		<i>^ Yoga with Cherri</i>		<i>^ Yoga with Cherri</i>		
11:30AM	<i>^Guns, Buns and Sun</i>		<i>^Guns, Buns and Sun</i>		<i>^Guns, Buns and Sun</i>	
4PM	<i>^ Step with a Twist with BJ & Charles</i>	<i>*Spring Sweat and Shred with Joe</i>		<i>*Spring Sweat and Shred with Joe</i>		
5PM	<i>^ Spin with Kim</i> <i>*Kuk Sool Won™ (Youth) with Amado</i> Commando CrossFit @ Combat Fit East	<i>^ Power Pump with Kim</i> Commando CrossFit @ Combat Fit East	<i>*Kuk Sool Won™ (Youth) with Amado</i> Commando CrossFit @ Combat Fit East	<i>^ Power Pump with Kim</i> Commando CrossFit @ Combat Fit East	<i>*Kuk Sool Won™ (Youth) with Amado</i> Commando CrossFit @ Combat Fit East	
5:30PM		<i>*Competition Boxing 101 with Joe until 8pm</i>		<i>*Competition Boxing 101 with Joe until 8pm</i>		
6:00PM	<i>*Kuk Sool Won™ (Adults) with Amado</i>		<i>*Kuk Sool Won™ (Adults) with Amado</i>			
6:30PM			<i>*Competition Boxing 101 with Joe until 8pm</i>			

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
^ = FLP Classes
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

