

# FITNESS CENTER CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31

0700 Tabata **1**  
0800 Functional Core  
0900 Strong Nation  
1000 Yoga  
1115 Zumba Gold  
1230 Spin  
1600 Cardio Kickboxing  
1800 Zumba Toning

0610 Spin **2**  
0700 HIIT  
0800 Yoga  
0900 Pilates  
1000 Spin  
1115 Barbell  
1230 Zumba  
1730 High Fit  
1830 Zumba

0700 Turn & Burn **3**  
0800 Tabata  
0900 Conditioning  
1000 Yoga  
1115 Zumba  
1230 Spin  
1700 Spin  
1800 Zumba

0610 Spin **4**  
0900 Yoga  
1000 Spin  
1115 Kickboxing  
1230 Conditioning

0930 Zumba **5**

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0610 Spin  
0700 HIIT  
0800 Mobility Flow  
0900 **Bootcamp**  
1115 Cardio Kickboxing  
1230 Barbell  
1600 Zumba

0700 Tabata **8**  
0800 Functional Core  
0900 Strong Nation  
1000 Yoga  
1115 Zumba Gold  
1230 Spin  
1600 Cardio Kickboxing  
1800 Zumba Toning

0610 Spin **9**  
0700 HIIT  
0800 Yoga  
0900 Pilates  
1000 Spin  
1115 Barbell  
1230 Zumba  
1730 High Fit  
1830 Zumba

0700 Turn & Burn **10**  
0800 Tabata  
0900 Conditioning  
1000 Yoga  
1115 Zumba  
1230 Spin  
1700 Spin  
1800 Zumba

0610 Spin **11**  
0900 Yoga  
1000 Spin  
1115 Kickboxing  
1230 Conditioning

0930 Zumba **12**

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0610 Spin  
0700 HIIT  
0800 Mobility Flow  
0900 **Bootcamp**  
1115 Cardio Kickboxing  
1230 Barbell  
1600 Zumba

0700 Tabata **15**  
0800 Functional Core  
0900 Strong Nation  
1000 Yoga  
1115 Zumba Gold  
1230 Spin  
1600 Cardio Kickboxing  
1800 Zumba Toning

0610 Spin **16**  
0700 HIIT  
0800 Yoga  
0900 Pilates  
1000 Spin  
1115 Barbell  
1230 Zumba  
1730 High Fit  
1830 Zumba

0700 Turn & Burn **17**  
0800 Tabata  
0900 Conditioning  
1000 Yoga  
1115 Zumba  
1230 Spin  
1700 Spin  
1800 Zumba

**18**  
**Family Day**  
**No Classes**

0930 Zumba **19**

21

**Presidents Day**  
**No Classes**

0700 Tabata **22**  
0800 Functional Core  
0900 Strong Nation  
1000 Yoga  
1115 Zumba Gold  
1230 Spin  
1600 Cardio Kickboxing  
1800 Zumba Toning

0610 Spin **23**  
0700 HIIT  
0800 Yoga  
0900 Pilates  
1000 Spin  
1115 Barbell  
1230 Zumba  
1730 High Fit  
1830 Zumba

0700 Turn & Burn **24**  
0800 Tabata  
0900 Conditioning  
1000 Yoga  
1115 Zumba  
1230 Spin  
1700 Spin  
1800 Zumba

0610 Spin **25**  
0900 Yoga  
1000 Spin  
1115 Kickboxing  
1230 Conditioning

0930 Zumba **26**

28

0610 Spin  
0700 HIIT  
0800 Mobility Flow  
0900 **Bootcamp**  
1115 Cardio Kickboxing  
1230 Barbell  
1600 Zumba

## IMPORTANT INFO

**Call SSFC to sign-up for any class on the calendar.**

Military members have priority, DOD civilians and host nation first responders can sign-up starting 24 hours before the class. All classes held indoors, 20 max participants.

**Alpha Warrior Every Tuesday and Thursday 1100 at Northside**  
**The WOD: Every Monday and Wednesday 1100 at Northside**

Southside:  
**Red**  
Northside:  
**Green**

### Southside Fitness Center (SSFC)

DSN 480-0294, CIV 06371-47-0294  
Mon-Fri: 0600-2200  
Saturday: 0800-1800  
Sunday/Holiday: 24 hour access

### Northside Fitness Center (NSFC)

DSN 480-8085, CIV 06371-47-8085  
Mon-Fri: 0800-1700  
Saturday/Sunday: 24 hour access

