

FITNESS CENTER CALENDAR

NOVEMBER 2022

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

786 FSS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



31

0500 Spin # **1**
0610 Conditioning #
0900 Yoga #
1000 Strong Nation \$
1115 Zumba \$
1230 Spin #
1600 Conditioning #
1700 Spin #
1800 Zumba Toning \$

0610 Spin # **2**
0800 Bootcamp #
0900 Pilates #
1000 Body Balance #
1100 Step \$
1230 Cardio Kickboxing \$
1600 Spin #
1730 High Fit #
1800 HIIT Circuit (Vogelw.) #

0500 Strenght Training # **3**
0610 Conditioning #
0900 Yoga #
1000 Strong Nation \$
1115 Zumba \$
1230 Spin #
1600 Conditioning #
1700 Spin #
1800 Strenght Training #

0610 Spin #
0800 Barre
0900 Circuit Training #
1000 Zumba \$
1100 Barbell \$

0800 Spin #
0930 Zumba \$

0610 Spin # **7**
0800 Bootcamp #
0900 Pilates #
1000 Zumba \$
1100 Step \$
1200 Spin #
1600 Yoga #
1730 Conditioning #
1800 HIIT Circuit (Vogelw.) #

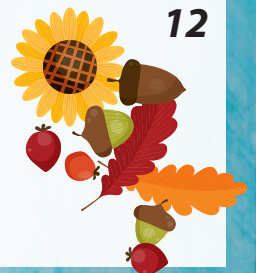
0500 Spin # **8**
0610 Conditioning #
0900 Yoga #
1000 Strong Nation \$
1115 Zumba \$
1230 Spin #
1600 Conditioning #
1700 Spin #
1800 Zumba Toning \$

0610 Spin # **9**
0800 Bootcamp #
0900 Pilates #
1000 Body Balance #
1100 Step \$
1230 Cardio Kickboxing \$
1600 Spin #
1730 High Fit #
1800 HIIT Circuit (Vogelw.) #

0500 Strenght Training # **10**
0610 Conditioning #
0900 Yoga #
1000 Strong Nation \$
1115 Zumba \$
1230 Spin #
1600 Conditioning #
1700 Spin #
1800 Strenght Training #



11



12

14

Family Day
No Classes

0500 Spin # **15**
0610 Conditioning #
0900 Yoga #
1000 Strong Nation \$
1115 Zumba \$
1230 Spin #
1600 Conditioning #
1700 Spin #
1800 Zumba Toning \$

0610 Spin # **16**
0800 Bootcamp #
0900 Pilates #
1000 Body Balance #
1100 Step \$
1230 Cardio Kickboxing \$
1600 Spin #
1730 High Fit #
1800 HIIT Circuit (Vogelw.) #

0500 Strenght Training # **17**
0610 Conditioning #
0900 Yoga #
1000 Strong Nation \$
1115 Zumba \$
1230 Spin #
1600 Conditioning #
1700 Spin #
1800 Strenght Training #

18

0610 Spin #
0800 Barre
0900 Circuit Training #
1000 Zumba \$
1100 Barbell \$

19

0800 Spin #
0930 Zumba \$

0610 Spin # **21**
0800 Bootcamp #
0900 Pilates #
1000 Zumba \$
1100 Step \$
1200 Spin #
1600 Yoga #
1730 Conditioning #
1800 HIIT Circuit (Vogelw.) #

0500 Spin # **22**
0610 Conditioning #
0900 Yoga #
1000 Strong Nation \$
1115 Zumba \$
1230 Spin #
1600 Conditioning #
1700 Spin #
1800 Zumba Toning \$

23

0800 Bootcamp #
0900 Yoga #
1000 Zumba \$



24

25

Family Day
No Classes

26



0610 Spin # **28**
0800 Bootcamp #
0900 Pilates #
1000 Zumba \$
1100 Step \$
1200 Spin #
1600 Yoga #
1730 Conditioning #
1800 HIIT Circuit (Vogelw.) #

0500 Spin # **29**
0610 Conditioning #
0900 Yoga #
1000 Strong Nation \$
1115 Zumba \$
1230 Spin #
1600 Conditioning #
1700 Spin #
1800 Zumba Toning \$

0610 Spin # **30**
0800 Bootcamp #
0900 Pilates #
1000 Body Balance #
1100 Step \$
1230 Cardio Kickboxing \$
1600 Spin #
1730 High Fit #
1800 HIIT Circuit (Vogelw.) #

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.

Free Class • \$ Paid Class

Alpha Warrior: Every Tuesday and Thursday 1100 at Northside

Southside Fitness Center (SSFC)

DSN 480-0294, CIV 06371-47-0294

Monday-Friday: 0630-1830 • Saturday: 0800-1800

Unmanned* on Sunday/Holidays

24/7 access available

Northside Fitness Center (NSFC)

DSN 480-4500, CIV 06371-47-4500

Monday-Friday: 0500-2100

Closed on Saturday/Sunday/Holidays

NO 24/7 access available

