

FITNESS CENTER CALENDAR

MAY 2023

DEPARTMENT OF THE AIR FORCE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>1</p> <p>0600 Spin # 0615 Bootcamp (N) # 0830 Bootcamp (N) # 0900 Pilates \$ 1015 Zumba \$ 1130 Core # 1230 Turn and Burn # 1600 Yoga # 1800 Core (V) #</p>	<p>2</p> <p>0500 Spin # 0610 Conditioning # 0900 Yoga \$ 1230 Circuit Training # 1600 Yoga \$</p>	<p>3</p> <p>0600 Spin # 0615 Bootcamp (N) # 0830 Bootcamp (N) # 0900 Pilates \$ 1000 Body Balance \$ 1130 Core (N) # 1600 Spin # 1730 High Fit # 1800 Pound (N) \$</p>	<p>4</p> <p>0500 Glutes and Guts # 0900 Body Balance \$ 1230 Yoga \$ 1630 Pelvic Floor Training # 1730 Strength Training (N) # 1800 Warrior Yoga #</p>	<p>5</p> <p>0600 Spin # 0830 Spin # 0945 Barbell \$</p>	<p>6</p> <p>0800 Spin # 0930 Dance Fit #</p>
<p>8</p> <p>0600 Spin # 0615 Bootcamp (N) # 0830 Bootcamp (N) # 0900 Pilates \$ 1015 Zumba \$ 1600 Yoga \$</p>	<p>9</p> <p>0500 Spin # 0610 Conditioning # 0900 Yoga \$ 1230 Circuit Training # 1600 Yoga \$</p>	<p>10</p> <p>0600 Spin # 0615 Bootcamp (N) # 0830 Bootcamp (N) # 0900 Pilates \$ 1000 Body Balance \$ 1130 Core (N) # 1600 Spin # 1730 High Fit # 1800 Pound (N) \$</p>	<p>11</p> <p>0500 Glutes and Guts # 0900 Body Balance \$ 1230 Yoga \$ 1630 Pelvic Floor Training # 1730 Strength Training (N) # 1800 Warrior Yoga #</p>	<p>12</p> <p>0600 Spin # 0830 Spin # 0945 Barbell \$ 1130 Core (N) #</p>	<p>13</p> <p>0930 Dance Fit #</p>
<p>15</p> <p>0600 Spin # 0615 Bootcamp (N) # 0830 Bootcamp (N) # 0900 Pilates \$ 1015 Zumba \$ 1115 Barbell \$ 1230 Turn and Burn # 1600 Yoga \$</p>	<p>16</p> <p>0500 Spin # 0610 Conditioning # 0900 Yoga \$ 1230 Circuit Training # 1600 Yoga \$</p>	<p>17</p> <p>0600 Spin # 0615 Bootcamp (N) # 0830 Bootcamp (N) # 0900 Pilates \$ 1000 Body Balance \$ 1130 Core (N) # 1600 Spin # 1730 High Fit # 1800 Pound (N) \$</p>	<p>18</p> <p>0500 Glutes and Guts # 0900 Body Balance \$ 1230 Yoga \$ 1630 Pelvic Floor Training # 1730 Strength Training (N) # 1800 Warrior Yoga #</p>	<p>19</p> <p>0600 Spin # 0830 Spin # 0945 Barbell \$ 1130 Core (N) #</p>	<p>20</p> <p>0800 Spin # 0930 Dance Fit #</p>
<p>22</p> <p>0600 Spin # 0615 Bootcamp (N) # 0830 Bootcamp (N) # 0900 Pilates \$ 1015 Zumba \$ 1115 Barbell \$ 1230 Turn and Burn # 1600 Yoga \$ 1800 Core (V) #</p>	<p>23</p> <p>0500 Spin # 0610 Conditioning # 0900 Yoga \$ 1230 Circuit Training # 1600 Yoga \$</p>	<p>24</p> <p>0600 Spin # 0615 Bootcamp (N) # 0830 Bootcamp (N) # 0900 Pilates \$ 1000 Body Balance \$ 1130 Core (N) # 1600 Spin # 1730 High Fit # 1800 Pound (N) \$ 1800 Circuit Training (V) #</p>	<p>25</p> <p>0500 Glutes and Guts # 0900 Body Balance \$ 1230 Yoga \$ 1630 Pelvic Floor Training # 1730 Strength Training (N) # 1800 Warrior Yoga #</p>	<p>26</p> <p><i>Family Day</i> No Classes</p>	<p>27</p> <p>0930 Dance Fit #</p>
<p>29</p> <p><i>Memorial Day</i> No Classes</p>	<p>30</p> <p>0500 Spin # 0610 Conditioning # 0900 Yoga \$ 1230 Circuit Training # 1600 Yoga \$</p>	<p>31</p> <p>0600 Spin # 0615 Bootcamp (N) # 0830 Bootcamp (N) # 0900 Pilates \$ 1000 Body Balance \$ 1130 Core (N) # 1600 Spin # 1730 High Fit # 1800 Pound (N) \$ 1800 Circuit Training (V) #</p>	<p>1</p>	<p>2</p>	<p>3</p>

IMPORTANT INFO

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 • (N) Northside • (V) Vogelweh

All classes are scheduled for 50 minutes.

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

