

Fall Fitness Schedule 2012

FitZone




Capodichino

Time	Day				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 a.m.-7 a.m.	Indoor Cycling		Indoor Cycling		Indoor Cycling
11 a.m.-11-50 a.m.	Combat Aerobics	Total Body Workout	Combat Aerobics	Super GAG	Combat Aerobics
11 a.m.-Noon	Indoor Cycling	Indoor Cycling	Indoor Cycling 11 a.m.-12:30 p.m. Wed, ONLY	Indoor Cycling	Indoor Cycling
Noon-12:50 p.m.		Yoga/Pilates		Yoga/Pilates	

Hours of Operation

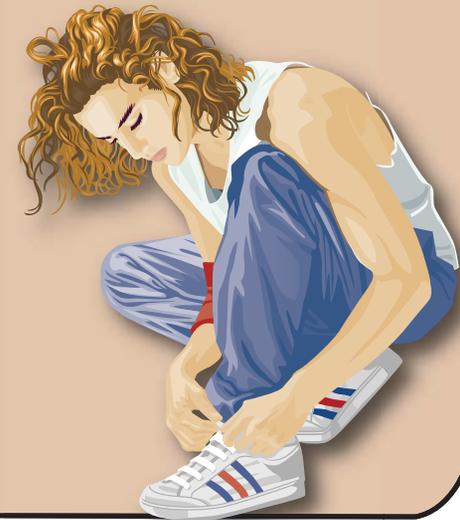
Mon-Fri: 5 a.m.-9 p.m.

Saturday: 8 a.m.-4 p.m.

Sunday-US Holidays: 8 a.m.-1 p.m.

DSN:626-4266/4264

Comm:081-568-4266/4264



Fall Fitness Schedule 2012

Fitness Forum



Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Fit Pump 6-6:50 a.m.		Fit Pump 6-6:50 a.m.	Indoor Cycling 6-7 a.m.
Total Body 8:30-9:20 a.m.	Fit Kombat 9:00-9:50 a.m.	Super GAG 8:30-9:20 a.m.	Fit Kombat 9:00-9:50 a.m.	FitZumba 8:30-9:20 a.m.
Indoor Cycling 9:30-10:30 a.m.	Pilates-Yoga 10-10:50 a.m.	Indoor Cycling 9:30-10:30 a.m.	Pilates-Yoga 10-10:50 a.m.	
Kick Boxing 11:30 a.m.-12:20 p.m.	Fit Pump 11:30 a.m.-12:20 p.m.	Kick Boxing 11:30 a.m.-12:20 p.m.	Fit Pump 11:30 a.m.-12:20 p.m.	
Body Sculpt 4:30-5:20 p.m.	Indoor Cycling 5:00-6:00 p.m.	FitZumba 4:30-5:20 p.m.	Kick Boxing 5-5:50 p.m.	
			Yoga 6-6:50 p.m.	



Hours of Operation

Mon-Fri: 5 a.m.-8 p.m.
 Saturday: 8 a.m.-4 p.m.
 Sunday-US Holidays: 8 a.m.-4 p.m.

DSN:629-6611/6604
 Comm:081-811-6611/6604

