



HURLBURT FIELD FITNESS CLASSES

■ Classes held at Aderholt Fitness
 ■ Classes held at Riptide Fitness
 ■ Classes held at Base Pool
 ■ Classes held at Marina

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM	Commando Fit (@ Combat Fit East)	Spin (FIP) Commando Fit (@ Combat Fit East) ONRAMP <small>Starts at the beginning of each month runs 4 weeks</small>	Commando Fit (@ Combat Fit East)	Spin (FIP) Commando Fit (@ Combat Fit East) ONRAMP <small>Starts at the beginning of each month runs 4 weeks</small>	Commando Fit (@ Combat Fit East)	
7AM			Power Yoga			
7:30AM						
8:30AM	Fit For Life		Fit For Life		Boot Camp (FIP)	Spin (FIP)
9:30AM						Power Pump Xpress (30 Mins)
9:45AM	Total Body Blast	Power Sculpt	Yoga		Yoga	
10:15AM						Yoga
11:10AM	Get F.H.I.I.T.	Yoga	HIIT	Yoga	HIIT	
11:30AM	Spin (FIP)	Spin (FIP)	Spin (FIP)	Spin (FIP)	Spin (FIP)	
12PM						
12:30PM						
4PM	POUND 4:15 PM					
5PM	Spin Youth Kuk Sool Won™ with Amado* Commando Fit (@ Combat Fit East)	Power Pump Commando Fit ONRAMP <small>Starts at beginning of each month runs 4 weeks</small> (@ Combat Fit East)	Spin Youth Kuk Sool Won™ with Amado* Commando Fit (@ Combat Fit East)	Power Pump Commando Fit ONRAMP <small>Starts at beginning of each month runs 4 weeks</small> (@ Combat Fit East)	Youth Kuk Sool Won™ with Amado* Commando Fit (@ Combat Fit East)	
6PM	Adult Kuk Sool Won™ with Amado*		Adult Kuk Sool Won™ with Amado*		Adult Kuk Sool Won™ with Amado*	
6:15PM	ZUMBA®	Dance Fitness	ZUMBA®	Dance Fitness		



FIP = Fitness Improvement Plan
No classes held on Sunday and Federal Holidays.

* Fees apply. Schedule and fees subject to change.
Classes may require registration.

For more information, contact:
 Aderholt Fitness Center: (850) 884-6884
 Riptide Fitness Center: (850) 881-5121
 Commando Fitness Center: (850) 884-4412

Visit us online at MyHurlburt.com Current as of: 01.03 .2019. Subject to change without