

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	Spin (FIP) Commando Fit (@ Combat Fit East)	Spin (FIP) Commando Fit (@ Combat Fit East)	Commando Fit (@ Combat Fit East)	Spin (FIP) Commando Fit (@ Combat Fit East)	H.I.I.T (FIP) Commando Fit (@ Combat Fit East)	
7:00AM						
8:30AM	Fit For Life	TurboKick®	Fit For Life	TurboKick®	Boot Camp (FIP)	Spin (FIP)
9:30AM						Power Pump Xpress (30 min)
9:45AM	TurboKick®	Power Sculpt	Yoga	Zumba Toning	Yoga	
10:30AM						Yoga
11:10AM	Get F.H.I.I.T	Yoga	Get F.H.I.I.T	Yoga	Zumba	
11:30AM	Spin (FIP)	Spin (FIP)	Spin (FIP)	Spin (FIP)	Spin (FIP)	
12PM						
12:30PM		Abs & Glutes (30 mins)	HardCORE Abs (20 mins)	Abs & Glutes (30 mins)	HardCORE Abs (20 mins)	
4PM		Spin Step	The Gauntlet	Spin Step	Get F.H.I.I.T	
5PM	Spin Youth Kuk Sool Won™ with Amado* H.I.I.T (FIP) Commando Fit (@ Combat Fit East)	Power Pump H.I.I.T(FIP) *Commando Fit *Commando Fit ONRAMP <small>* starts at beginning of each month runs 4 weeks</small> (@ Combat Fit East)	Spin Youth Kuk Sool Won™ with Amado* YOGA Commando Fit (@ Combat Fit East)	Power Pump H.I.I.T (FIP) *Commando Fit *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		