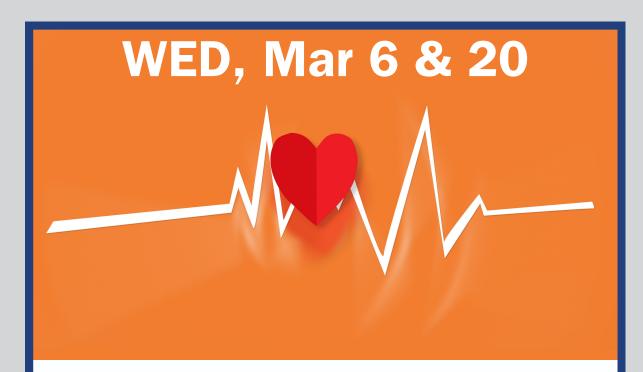
# FITNESS CLASS SCHEDULE

#### MON

6am CrossFit

12pm
\*Strength &
Conditioning 101



10:30am-12pm
InBody Blood Pressure
Screening

#### THU

12pm
\*Strength &
Conditioning 101

4pm CrossFit

### TUE

12pm
\*Strength &
Conditioning 101

4pm CrossFit

5-6pm CO-ED Self Defense

6-7pm Women Only Self Defense

#### FRI

6am CrossFit

12pm
\*Strength &
Conditioning 101

\*Strength & Conditioning 101 open to Civilians. Priority given to Active Duty. Class Size: 25 max.

## WED

6am CrossFit

12pm
\*Strength &
Conditioning 101

12pm Nutrition

12:30-1:15pm
Health Class:
Fad Diets &
Food Safety
(Mar 6 & 20)

3pm Rock Climbing Certification Call to RSVP

> 4pm CrossFit



