

Fitness & Sports Center

Class Schedule

MONDAY

6am Hanscom Warrior Fitness
11am Strength & Conditioning 101
5pm Karate **\$5**

TUESDAY

11am Strength & Conditioning 101
4pm Hanscom Warrior Fitness
5pm Self Defense

WEDNESDAY

6am Hanscom Warrior Fitness
11am Strength & Conditioning 101
3pm Rock Climbing Certification Class
4pm Hanscom Warrior Fitness
4:30pm Karate **\$5**

THURSDAY

11am Strength & Conditioning 101

FRIDAY

6am Hanscom Warrior Fitness
11am Strength & Conditioning 101
3pm Rock Climbing Certification Class

Fitness on Demand virtual classes offered and available anytime.