


# Beale Air Force Base Group Exercise Schedule JANUARY 2012



## MONDAY

0630 :  
CARDIO  
CIRCUITS\*  
Dervis

0700 : **LES MILLS**  
 **BODYPUMP**  
Tony


0900 :  
PILATES\*  
Stefanie

1100 :  
SPINNING\*  
Dervis

1630 :  
KICKBOXING\*  
Hyun

## TUESDAY

0630 :  
STEP\*  
Dervis

0900 : **LES MILLS**  
 **BODYPUMP**  
Stefanie & Kelly

0900 :  
STRENGTH  
& TONE\*  
Dervis


1100 :  
YOGA  
Joe

1530 : **LES MILLS**  
 **BODYPUMP**  
Hyun


1600 :  
TURBO KICK  
Jannette

1800:  
YOGA  
Joe

## WEDNESDAY

0700 : **LES MILLS**  
 **BODYPUMP**  
Tony

1100 :  
SPINNING\*  
Dervis

1600 : **LES MILLS**  
 **BODYPUMP**  
Hyun

## THURSDAY

0630 :  
STRENGTH  
& TONE\*  
(Jan 5 & 19 )  
Dervis

0630 :  
SPINNING\*  
(Jan 12 & 26)  
Dervis

0900 :  
STRENGTH  
& TONE\*  
Dervis


1100 :  
YOGA  
Joe

1630 :  
SPINNING\*  
Hyun

1630:  
 **ZUMBA**\*\*\*  
Lauren


1800:  
YOGA  
Lynne


## FRIDAY

0700 : **LES MILLS**  
 **BODYPUMP**  
Tony

0900 :  
KICKBOXING\*  
Hyun

1100 :  
SPINNING\*  
Dervis

1500 : **LES MILLS**  
 **BODYPUMP**  
Angel

\*\*  **ZUMBA** classes are FREE for the month of January.

\* Fitness Improvement Program approved

Classes in **BLUE** are held at the OMNI. All other classes are held at the Fitness Center Aerobics Room.

No classes held during down days, holidays, and exercises.

Harris Fitness Center | 634-2258

NEW HOURS MONDAY-FRIDAY: 5:00am -11:00pm | UTA WEEKENDS: 5:30am-8:00pm  
WEEKENDS / DOWN DAYS / HOLIDAYS / EXERCISES: 8:00am-8:00pm

