



Beale AFB - Group Exercise Schedule

January 2010 Schedule

Time/Date	Mon	Tue	Wed	Thu	Fri	Sat
6:00 am						
6:30 am		Step*		Indoor Cycling*		
7:00 am	BodyPump 71 (Omni) NEW!		BodyPump 71 (Omni) NEW!		BodyPump 71 (Omni) NEW!	
9:00 am		Strength & Tone*	Step*	Strength & Tone*		Indoor Cycling* 1st & 3rd Strength & Tone* 2nd & 4th
11:00 am		Yoga	Indoor Cycling*	Yoga	Indoor Cycling*	
Noon						
3:00 pm	BodyPump 71 (Omni) NEW!		BodyPump 71 (Omni) NEW!	Dance Aerobics*	BodyPump 71 (Omni) NEW!	
5:00 pm	Indoor Cycling*		Strength & Tone*			
6:00 pm		Yoga				

Beale AFB Fitness Center 634-2258

5:00 am-11:00 pm Monday-Friday
8:00 am-8:00 pm Weekends / Holidays & Down Days

Note: BodyPump 71 Classes will not be held on Down Days, Holidays OREs & ORIs.

(*) Fitness Improvement Program Approved. Classes subject to change without notice. rev. 10107/10