



Beale AFB - Group Exercise Schedule

September 2010 Schedule

Mon	Tue	Wed	Thu	Fri	Sat
Beale AFB Harris Fitness Center 634-2258 4:30 am - 12:30 am Monday-Friday 8:00 am - 10:00 pm Weekends, Holidays/Down Days, Exercises (*) Fitness Improvement Program Approved. Purple classes Located at Omni. Classes subject to change without notice. Rev. 08/22/10		1 0700 Bodypump <i>Eddie</i> 0900 Step* <i>Dervis</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Hyun</i> 1700 Strength & Tone* <i>Rebecca</i>	2 0630 Strength & Tone* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 1100 Yoga* <i>Joe</i> 1500 Cardio Beat-Dance Aerobics* <i>Melissa</i>	3 1100 Indoor Cycling* <i>Dervis</i> ACC Family Down Day	4 0900 Strength & Tone* <i>Dervis</i>
6 1100 Indoor Cycling* <i>Dervis</i> 1200 Kickboxing* <i>Hyun</i> 1700 Indoor Cycling* <i>Stefanie</i> LABOR DAY	7 0600 Bodypump <i>Melissa</i> 0630 Step* <i>Dervis</i> 900 Strength & Tone* <i>Dervis</i> 0900 Bodypump <i>Stefanie and Michelle</i> 1100 Yoga* <i>Joe</i> 1800 Yoga* <i>Joe</i>	8 0700 Bodypump <i>Eddie</i> 0900 Step* <i>Dervis</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Hyun</i> 1700 Strength & Tone* <i>Rebecca</i>	9 0630 Indoor Cycling* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 1100 Yoga* <i>Joe</i> 1500 Cardio Beat-Dance Aerobics* <i>Melissa</i>	10 0700 Bodypump <i>Eddie</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Tess</i>	11 0900 Indoor Cycling* <i>Dervis</i>
13 0700 Bodypump <i>Stefanie</i> 1100 Indoor Cycling* <i>Dervis</i> 1200 Kickboxing* <i>Hyun</i> 1500 Bodypump <i>Tess</i> 1700 Indoor Cycling* <i>Stefanie</i>	14 0600 Bodypump <i>Melissa</i> 0630 Step* <i>Dervis</i> 900 Strength & Tone* <i>Dervis</i> 0900 Bodypump <i>Stefanie and Michelle</i> 1100 Yoga* <i>Joe</i> 1800 Yoga* <i>Joe</i>	15 0700 Bodypump <i>Eddie</i> 0900 Step* <i>Dervis</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Hyun</i> 1700 Strength & Tone* <i>Rebecca</i>	16 0630 Strength & Tone* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 1100 Yoga* <i>Joe</i> 1500 Cardio Beat-Dance Aerobics* <i>Melissa</i>	17 0700 Bodypump <i>Eddie</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Tess</i>	18 0900 Strength & Tone* <i>Dervis</i>
20 0700 Bodypump <i>Stefanie</i> 1100 Indoor Cycling* <i>Dervis</i> 1200 Kickboxing* <i>Hyun</i> 1500 Bodypump <i>Justin</i> 1700 Indoor Cycling* <i>Stefanie</i>	21 0600 Bodypump <i>Melissa</i> 0630 Step* <i>Dervis</i> 900 Strength & Tone* <i>Dervis</i> 0900 Bodypump <i>Stefanie and Michelle</i> 1100 Yoga* <i>Joe</i> 1800 Yoga* <i>Joe</i>	22 0700 Bodypump <i>Eddie</i> 0900 Step* <i>Dervis</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Hyun</i> 1700 Strength & Tone* <i>Rebecca</i>	23 0630 Indoor Cycling* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 1100 Yoga* <i>Joe</i> 1500 Cardio Beat-Dance Aerobics* <i>Melissa</i>	24 0700 Bodypump <i>Eddie</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Tess</i>	25 0900 Indoor Cycling* <i>Dervis</i>
26 0700 Bodypump 1100 Indoor Cycling* <i>Dervis</i> 1200 Kickboxing* <i>Hyun</i> 1500 Bodypump <i>Justin</i> 1700 Indoor Cycling* <i>Stefanie</i>	27 0600 Bodypump <i>Melissa</i> 0630 Step* <i>Dervis</i> 900 Strength & Tone* <i>Dervis</i> 0900 Bodypump <i>Stefanie and Michelle</i> 1100 Yoga* <i>Joe</i> 1800 Yoga* <i>Joe</i>	28 0700 Bodypump <i>Eddie</i> 0900 Step* <i>Dervis</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Hyun</i> 1700 Strength & Tone* <i>Rebecca</i>	29 0630 Indoor Cycling* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 1100 Yoga* <i>Joe</i> 1500 Cardio Beat-Dance Aerobics* <i>Melissa</i>	30 0700 Bodypump <i>Eddie</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Tess</i>	