

Beale AFB - Group Exercise Schedule

July 2010 Schedule

Mon	Tue	Wed	Thu	Fri	Sat
<p>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. Rev. 07/01/10 Blue classes located at Main Base Pool. Classes subject to change without notice.</p>			<p>1 0630 Strength & Tone* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 1100 Yoga* Joe 1500 Cardio Beat-Dance Aerobics* Melissa</p>	<p>2 1100 Indoor Cycling* <i>Dervis</i></p>	<p>3 0900 Strength & Tone* <i>Dervis</i></p>
<p>5 1100 Indoor Cycling* <i>Dervis</i> 1200 Kickboxing* <i>Hyun</i> 1700 Indoor Cycling* <i>Stefanie</i></p> <p>HOLIDAY</p>	<p>6 0600 Bodypump <i>Melissa</i> 0630 Step* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 0900 Bodypump <i>Stefanie and Michelle</i> 1100 Yoga* Joe 1800 Yoga* Joe</p>	<p>7 0700 Bodypump <i>Eddie</i> 0900 Step* <i>Dervis</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Hyun</i> 1500 Aqua Aerobics* 1700 Strength & Tone* <i>Rebecca</i></p>	<p>8 0630 Indoor Cycling* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 1100 Yoga* Joe 1500 Cardio Beat-Dance Aerobics* <i>Melissa</i></p>	<p>9 0700 Bodypump <i>Simmons</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Santos</i></p>	<p>10 0900 Indoor Cycling* <i>Dervis</i> 1030 Aqua Aerobics*</p>
<p>12 0900 Aqua Aerobics* 0700 Bodypump <i>Elsie</i> 1100 Indoor Cycling* <i>Dervis</i> 1200 Kickboxing* <i>Hyun</i> 1500 Bodypump <i>Simmons</i> 1700 Indoor Cycling* <i>Stefanie</i></p>	<p>13 0600 Bodypump <i>Melissa</i> 0630 Step* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 0900 Bodypump <i>Stefanie and Michelle</i> 1100 Yoga* Joe 1800 Yoga* Joe</p>	<p>14 0700 Bodypump <i>Eddie</i> 0900 Step* <i>Dervis</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Hyun</i> 1500 Aqua Aerobics* 1700 Strength & Tone* <i>Rebecca</i></p>	<p>15 0630 Strength & Tone* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 1100 Yoga* Joe 1500 Cardio Beat-Dance Aerobics* <i>Melissa</i></p>	<p>16 0700 Bodypump <i>Simmons</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Santos</i></p>	<p>17 0900 Strength & Tone* <i>Dervis</i></p>
<p>19 0900 Aqua Aerobics* 0700 Bodypump <i>Mavron</i> 1100 Indoor Cycling* <i>Dervis</i> 1200 Kickboxing* <i>Hyun</i> 1500 Bodypump <i>Simmons</i> 1700 Indoor Cycling* <i>Stefanie</i></p>	<p>20 0600 Bodypump <i>Melissa</i> 0630 Step* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 0900 Bodypump <i>Stefanie and Michelle</i> 1100 Yoga* Joe 1800 Yoga* Joe</p>	<p>21 0700 Bodypump <i>Eddie</i> 0900 Step* <i>Dervis</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Hyun</i> 1500 Aqua Aerobics* 1700 Strength & Tone* <i>Rebecca</i></p>	<p>22 0630 Indoor Cycling* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 1100 Yoga* Joe 1500 Cardio Beat-Dance Aerobics* <i>Melissa</i></p>	<p>23 0700 Bodypump <i>Simmons</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Santos</i></p>	<p>24 0900 Indoor Cycling* <i>Dervis</i> 1030 Aqua Aerobics*</p>
<p>26 0900 Aqua Aerobics* 0700 Bodypump <i>Mavron</i> 1100 Indoor Cycling* <i>Dervis</i> 1200 Kickboxing* <i>Hyun</i> 1500 Bodypump <i>Heidi</i> 1700 Indoor Cycling* <i>Stefanie</i></p>	<p>27 0600 Bodypump <i>Melissa</i> 0630 Step* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 0900 Bodypump <i>Stefanie and Michelle</i> 1100 Yoga* Joe 1800 Yoga* Joe</p>	<p>28 0700 Bodypump <i>Eddie</i> 0900 Step* <i>Dervis</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Hyun</i> 1500 Aqua Aerobics* 1700 Strength & Tone* <i>Rebecca</i></p>	<p>29 0630 Indoor Cycling* <i>Dervis</i> 0900 Strength & Tone* <i>Dervis</i> 1100 Yoga* Joe 1500 Cardio Beat-Dance Aerobics* <i>Melissa</i></p>	<p>30 0700 Bodypump <i>Simmons</i> 1100 Indoor Cycling* <i>Dervis</i> 1500 Bodypump <i>Santos</i></p>	<p>31 0900 Strength & Tone* <i>Dervis</i></p>