



Beale AFB - Group Exercise Schedule

February 2010 Schedule

Time/Date	Mon	Tue	Wed	Thu	Fri	Sat
6:00 am						
6:30 am		<i>Step*</i>		<i>Indoor Cycling*</i>		
7:00 am	BodyPump (Omni)		BodyPump (Omni)		BodyPump (Omni)	
9:00 am		<i>Strength & Tone*</i>	<i>Step*</i>	<i>Strength & Tone*</i>		<i>Indoor Cycling*</i> 1st & 3rd <i>Strength & Tone*</i> 2nd & 4th
11:00 am	<i>Indoor Cycling*</i>	<i>Yoga</i>	<i>Indoor Cycling*</i>	<i>Yoga</i>	<i>Indoor Cycling*</i>	
Noon	<i>Aerobic & Muscular Strength*</i>					
3:00 pm	BodyPump (Omni)		BodyPump (Omni)	<i>Dance Aerobics*</i>	BodyPump (Omni)	
5:00 pm	<i>Indoor Cycling*</i>		<i>Strength & Tone*</i>			
6:00 pm		<i>Yoga</i>	<p>Beale AFB Fitness Center 634-2258</p> <p>5:00 am - 11:00 pm Monday-Friday</p> <p>8:00 am - 8:00 pm Weekends/Holidays & Down Days</p> <p>Note: BodyPump 71 Classes will not be held on Down Days, Holidays OREs & ORIs.</p> <p>(*) Fitness Improvement Program Approved. Classes subject to change without notice. Rev. 01/22/10</p>			