

Beale AFB - Group Exercise Schedule

HARRIS FITNESS CENTER - 634-2258



MAY 2009

Time/Date	Mon	Tue	Wed	Thu	Fri	Sat
6:30am		Step		Indoor Cycling		
9:00am		Strength & Tone	Step	Strength & Tone		Indoor Cycling/ Strength & Tone
11:00am	Indoor Cycling	Yoga	Indoor Cycling	Yoga	Indoor Cycling	
Noon	Aerobic & Strength					
PM CLASSES						
5:00pm	Indoor Cycling		Strength & Tone			
6:00pm		Yoga			Beale AFB Fitness Center Hours 0500-2300 Mon-Fri 0800-2000 Weekends 0800-2000 Holidays & Down Days	