

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Warhawk Fitness Center, Bldg 2418, Truemper St., Lackland, 671-2016/2751

0500 Spinning • 1100 P90X FREE 1130 TRX Training FREE 1200 Insanity Workout FREE 1615 Zumba • 1630 TRX Training FREE	0530 Spinning • 0600 PT Circuit FREE 0900 Equipment Fundamentals FREE 1100 P90X FREE 1200 Insanity Workout FREE 1230 Working Out w/Your Kids Safety ** FREE (by appointment only) 1615 Zumba • 1800 Zumba • 1915 Tae Kwon Do **	0500 Spinning • 1100 P90X FREE 1130 TRX Training FREE 1200 Insanity Workout FREE 1615 Zumba • 1630 TRX Training FREE 1730 Combat Hapkido **	0515 Red-Eye Aerobics FREE 0530 Spinning • 0600 PT Circuit FREE 0900 Equipment Fundamentals FREE 1200 Insanity Workout FREE 1615 Zumba • 1800 Zumba • 1915 Tae Kwon Do **	0500 Spinning • 1100 P90X FREE 1200 Insanity Workout FREE	0930 Indoor Boot Camp FREE 1030 Zumba •
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Rescue Athlete Strength Program: Monday - Friday by appointment only **

Medina Fitness Center, Bldg 199, 1115 Medina Base Road, Lackland Training Annex, 671-4477

0700 TRX Training FREE 1330 Working Out w/Your Kids Safety ** FREE 1730 Kettlebell Boot Camp **	0900 Zumba • 1730 Kettlebell Boot Camp ** 1830 TRX Training FREE 1830 Spinning • 1900 Zumba •	0700 TRX Training FREE 0900 Zumba • 1200 Insanity Workout FREE 1330 Working Out w/Your Kids Safety ** FREE	0900 Zumba • 1100 Yoga ** 1630 Spinning • 1730 Kettlebell Boot Camp ** 1830 TRX Training FREE 1900 Zumba •	0700 TRX Training FREE 1200 Insanity Workout FREE 1730 Kettlebell Boot Camp **	0800 TRX Training FREE 0930 Zumba • 1100 Yoga **
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Rescue Athlete Strength Program: Monday - Friday by appointment only **

Gillum Fitness Center, Bldg 2086, Kirknewton, Security Hill, 977-2354/2353

1130 Total Body Toning FREE 1430 Total Body Makeover Challenge FREE 1530 P90X FREE 1530 TRX Training FREE 1700 Step Extra •	0700 TRX Training FREE 1100 TRX Training FREE 1130 Standup Fighters' Workout FREE 1530 P90X FREE 1700 Step Extra •	0700 TRX Training FREE 1130 Total Body Toning FREE 1430 Total Body Makeover Challenge FREE 1530 Insanity Cardio FREE 1700 Step Extra •	0700 TRX Training FREE 1130 Standup Fighters' Workout FREE 1530 P90X FREE 1630 TRX Training FREE 1700 Step Extra •	1130 Total Body Toning FREE 1430 Total Body Makeover Challenge FREE 1530 Insanity Cardio FREE	
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Bennett Fitness Center, Bldg 1788, 120 Tinker Ave., Port San Antonio, 925-4848

1700 TRX Training FREE	1000 TRX Training FREE 1100 Zumba •	1700 TRX Training FREE	1000 TRX Training FREE 1100 Zumba •		
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Gateway Fitness Center, Bldg 10330, Meivohr Dr., Lackland, 671-1348/2565

1000 TRX Training FREE 1130 Intense Circuit Class FREE	0900 TRX Training FREE 1030 Cardio Cut Up FREE 1800 Spinning FREE	1000 TRX Training FREE 1130 Intense Circuit Class FREE	0900 TRX Training FREE 1030 Cardio Cut Up FREE 1800 Spinning FREE	1000 TRX Training FREE 1130 Intense Circuit Class FREE	
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Chaparral Fitness Center, Bldg 7346, Craw Ave., Lackland, 671-2401/2361

1630 Women's Self Defense ** 1800 Beginners Boxing ** (Ages 14+)	1630 Zumba • 1630 Women's Self Defense ** 1800 Beginners Boxing ** (Ages 14+)	1530 Beginners Yoga **			
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• \$2 per class
 ** See instructor for pricing

Classes and times subject to change without notice.



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