



LOS ANGELES AFB GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David	2 0600: Cycling* w/Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	3 NEW CLASS!! 1200: Yin w/ Sabrina	4
6 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David 1830: Core Conditioning* w/ Liza	7 0600:Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	8 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David	9 0600: Cycling* w/Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	10 NEW CLASS 1200: Slow Flow w/ Sabrina	11
13 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David 1830: Core Conditioning* w/ Liza	14 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	15 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David	16 0600: Cycling* w/Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	17 1200: Yin w/ Sabrina	18
20 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David 1830: Core Conditioning* w/ Liza	21 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	22 1600: Lengthen-Strengthen w/ Della 1700: Martial Arts* w/David	23 0600: Cycling* w/Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	24 1200: Slow Flow w/Sabrina	25
27 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David 1830: Core Conditioning* w/ Liza	28 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	29 1600: Lengthen-Strengthen w/ Della 1700: Martial Arts* w/David	30 0600: Cycling* w/Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della		*Fitness Improvement Program (FIP)



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Fitness & Sports Center
 Los Angeles AFB, Bldg. 286
 310-653-6771

Classes are subject to change at any time.





FORT MACARTHUR GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 NEW CLASS!! 1215: Tai Chi w/ Valyn	2 1045: PiYo w/ Valyn	3
6 1100: Gentle Yoga w/ Valyn	7 1130: Mat Pilates w/ Valyn	8 1215: Tai Chi w/ Valyn	9 1045: PiYo w/ Valyn	10
13 1100: Gentle Yoga w/ Valyn	14 1130: Mat Pilates w/ Valyn	15 1215: Tai Chi w/ Valyn	16 1045: PiYo w/ Valyn	17
20 1100: Gentle Yoga w/ Valyn	21 1130: Mat Pilates w/ Valyn	22 1215: Tai Chi w/ Valyn	23 1045: PiYo w/ Valyn	24
27 1100: Gentle Yoga w/ Valyn	28 1130: Mat Pilates w/ Valyn	29 1215: Tai Chi w/ Valyn	30 1045: PiYo w/ Valyn	* Fitness Improvement Program (FIP)



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Fitness & Sports Center
Fort MacArthur, Bldg. 425
310-653-8361

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