



# LOS ANGELES AFB GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Fitness Improvement Program (FIP)				1 1200: Yin w/ Sabrina	2
4 1200: Xtreme HipHop* w/Alyssa ** 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David 1830: Core Conditioning* w/ Liza	5 0600:Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	6 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David	7 0600: Cycling* w/Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	8 1200: Slow Flow w/ Sabrina	9
11 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David 1830: Core Conditioning* w/ Liza	12 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	13 1200: Xtreme HipHop* w/Alyssa ** 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David	14 0600: Cycling* w/Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	15 1200: Yin w/ Sabrina	16
18 1200: Xtreme HipHop* w/Alyssa ** 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David 1830: Core Conditioning* w/ Liza	19 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	20 1200: Xtreme HipHop* w/Alyssa ** 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David	21 0600: Cycling* w/Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	22 1200: Slow Flow w/Sabrina	23
25 CLOSED MEMORIAL DAY	26 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	27 1200: Xtreme HipHop* w/Alyssa ** 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David	28 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	29 1200: Yin w/ Sabrina	30 ** NEW CLASS BEGINS MAY 13TH**



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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
* <b>Fitness Improvement Program (FIP)</b>				1
4 1100: Gentle Yoga w/ Valyn	5 1130: Mat Pilates w/ Valyn	6 1215: Tai Chi w/ Valyn	7 1045: PiYo w/ Valyn	8
11 1100: Gentle Yoga w/ Valyn	12 1130: Mat Pilates w/ Valyn	13 1215: Tai Chi w/ Valyn	14 1045: PiYo w/ Valyn	15
18 1100: Gentle Yoga w/ Valyn	19 1130: Mat Pilates w/ Valyn	20 1215: Tai Chi w/ Valyn	21 1045: PiYo w/ Valyn	22
25 <b>CLOSED MEMORIAL DAY</b>	26 1130: Mat Pilates w/ Valyn	27 1215: Tai Chi w/ Valyn	28 1045: PiYo w/ Valyn	29



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

Classes are subject to change at any time.

