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# LOS ANGELES AFB GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1200: Xtreme HipHop* w/Alyssa 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David 1830: Core Conditioning* w/ Liza	2 0600:Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	3 1200: Xtreme HipHop* w/ Alyssa 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David	4 0600: Cycling* w/Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	5 1200: Slow Flow w/ Sabrina	6
8 1200: Xtreme HipHop* w/ Alyssa 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David 1830: Core Conditioning* w/ Liza	9 0600:Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	10 1200: Xtreme HipHop* w/ Alyssa 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David	11 0600: Cycling* w/Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	12 1200: Yin+ Sound Bath w/ Sabrina	13
15 1200: Xtreme HipHop* w/ Alyssa 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David 1830: Core Conditioning* w/ Liza	16 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	17 1200: Xtreme HipHop* w/ Alyssa 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David	18 0600: Cycling* w/Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	19 <b>Juneteenth Day Closed</b>	20
22 1200: Xtreme HipHop* w/ Alyssa 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David 1830: Core Conditioning* w/ Liza	23 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	24 1200: Xtreme HipHop* w/ Alyssa 1600: Lengthen-Strengthen w/ Della 1700: Martial Arts* w/David	25 0600: Cycling* w/Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	26 1200: Yin + Sound Bath w/Sabrina	27
29 <b>1200: NO CLASS</b> 1600: Lengthen-Strengthen w/Della 1700: Martial Arts* w/David 1830: Core Conditioning* w/ Liza	30 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della				<b>*Fitness Improvement Program (FIP)</b>



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

Classes are subject to change at any time.





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# FORT MACARTHUR GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1100: Gentle Yoga w/ Valyn	2 <b>NO CLASS</b>	3 1215: Tai Chi w/ Valyn	4 1045: PiYo w/ Valyn	5
8 1100: Gentle Yoga w/ Valyn	9 1130: Mat Pilates w/ Valyn	10 1215: Tai Chi w/ Valyn	11 1045: PiYo w/ Valyn	12
15 1100: Gentle Yoga w/ Valyn	16 1130: Mat Pilates w/ Valyn	17 1215: Tai Chi w/ Valyn	18 1045: PiYo w/ Valyn	19 <b>CLOSED JUNETEENTH DAY</b>
22 1100: Gentle Yoga w/ Valyn	23 1130: Mat Pilates w/ Valyn	24 1215: Tai Chi w/ Valyn	25 1045: PiYo w/ Valyn	26
29 1100: Gentle Yoga w/ Valyn	30 1130: Mat Pilates w/ Valyn	1215: Tai Chi w/ Valyn	1045: PiYo w/ Valyn	* <b>Fitness Improvement Program (FIP)</b>



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

Classes are subject to change at any time.

