November

AIR FORCE
FITNESS & SPORTS
61st Force Support Squadron

LOS ANGELES AFB
GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **1200: NO CLASS** 1600: Lengthen-Strengthen w/ Della 1700: Martial Arts *w/David 1830: Core Conditioning* w/ Liza	**3** 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	**4** **1200: NO CLASS** 1600: Lengthen-Strengthen w/ Della 1700: Martial Arts *w/David	**5** 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	**6**
9 **1200: NO CLASS** 1600: Lengthen-Strengthen w/ Della 1700: Martial Arts * w/David 1830: Core Conditioning* w/ Liza	**10** 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	**11** **Verterans Day CLOSED**	**12** 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	**13**
16 1200: Xtreme Hip Hop* w/ Alyssa 1600: Lengthen-Strengthen w/Della 1700: Martial Arts *w/David 1830: Core Conditioning* w/ Liza	**17** 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	**18** 1200: Xtreme Hip Hop*w/ Alyssa 1600: Lengthen-Strengthen w/Della 1700: Martial Arts *w/David	**19** 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	**20**
23 1200: Xtreme Hip Hop* w/ Alyssa 1600: Lengthen-Strengthen w/Della 1700: Martial Arts * w/David 1830: Core Conditioning* w/ Liza	**24** 0600: Cycling* w/ Mike 1600: Kickboxercise* w/David 1700: PIYO (Pilate/Yoga) w/Della	**25** 1200: Xtreme Hip Hop*w/ Alyssa 1600: Lengthen-Strengthen w/Della 1700: Martial Arts *w/David	**26** **HOLIDAY CLOSED** 	**27** **FITNESS CENTER HOURS CLOSED 24/7 ACCESS ONLY**
30 1200: Xtreme Hip Hop*w/ Alyssa 1600: Lengthen-Strengthen w/Della 1700: Martial Arts *w/David 1830: Core Conditioning* w/ Liza				* Fitness Improvement Program (FIP)

61st FORCE SUPPORT SQUADRON
www.LAFSS.com | @LAAFBFitness

Fitness & Sports Center
LA AFB, Bldg. 286

Classes are subject to change at any time.

Home of the LAAFB STORM

November

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FORT MACARTHUR
GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1100: Pilates w/ Valyn	**3**	**4**	**5** 1045: PiYo w/ Valyn	**6**
9 1100: Pilates w/ Valyn	**10**	**11** **VETERANS DAY CLOSED**	**12** 1045: PiYo w/ Valyn	**13**
16 1100: Pilates w/ Valyn	**17**	**18**	**19** 1045: PiYo w/ Valyn	**20**
23 1100: Pilates w/ Valyn	**24**	**25**	**26** **HOLIDAY CLOSED** 	**27** **GOAL DAY** **FITNESS CENTER CLOSED** **24/7 ACCESS ONLY**
30 1100: Pilates w/ Valyn				* **Fitness Improvement Program (FIP)**

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Fitness & Sports Center
FORT MAC, Bldg. 425
310-653-8361

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