

Coral Reef Fitness Center

JUNE AEROBICS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	
6:15 am		 SPIN		 YOGA		
8:30 am	 YOGA	 Body Sculpting	 BOOT CAMP	 SPIN & Sculpt	 Cardio Kickboxing	
9:00 am						 On Ramp FUNCTIONAL FITNESS
9:30 am					 Tabata Training	
10:00 am	 toddler time		 Mommy & me			
12:00 pm			 YOGA	 Cardio Kickboxing		
4:30 pm		 YOGA		 YOGA		
5:00 pm	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	
5:30 pm		 ZUMBA		 ZUMBA		
6:30 pm		 SPIN		 SPIN & Sculpt	 ANDERSEN AIR FORCE BASE FORCE SUPPORT SQUADRON	