


CORAL REEF FITNESS DECEMBER FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	
6:15 am		 SPIN		 SPIN		
8:30 am		 Body Sculpting	 BOOT CAMP	 SPIN & Sculpt	 Cardio Kickboxing	
9:00 am	 YOGA		 YOGA			 On Ramp FUNCTIONAL FITNESS
9:30 am		 ZUMBA	 ZUMBA		 Body Power Training	
10:00 am			 Mommy Me			
12:00 pm	 HIIT		 HIIT	 Cardio Kickboxing		
4:30 pm				 YOGA		
5:00 pm	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS	 FUNCTIONAL FITNESS		
5:30 pm	 YOGA	 ZUMBA	 YOGA	 ZUMBA		
6:00 pm	 ALPHA WARRIOR BATTLE RIG	 YOGA	 ALPHA WARRIOR BATTLE RIG		 ALPHA WARRIOR BATTLE RIG	
6:30 pm	 ZUMBA	 SPIN	 ZUMBA	 SPIN & Sculpt		 ANDERSEN AIR FORCE BASE FORCE SUPPORT SQUADRON