









# KADENA FITNESS AND SPORTS

# GROUP FITNESS

September 2024 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>EVERY DAY @0500-0600 @ 0600-0700 @1730-1830</b> Shogun Functional Fitness: Mandatory 3 hour fitness fundamentals class prior to attendance (One-Time \$30 Fee).					0900-1000 Shogun Functional Fitness
0600-0700: FIP Tabata & Stretch Mirror Room (Miki)	0600-0700: FIP RunFit Front Desk (Kristan)	0600-0700: FIP HIIT Cycle Spin Room (Stephanie)	0600-0700: FIP RunFit Front Desk (Kristan)	0600-0700: FIP Muscle Pump Aerobics Room (Sarah)	0800-0900: HIIT Cycle (Dee)
0900-1000: Rhythm Cycle (Jennifer)	0900-1000: Spin Bootcamp (Stephanie)	0900-1000: Rhythm Cycle (Jennifer)	0900-1000: Groove Cycle (Bethany)	0900-1000: Rhythm Cycle (Jennifer)	0930-1200: Brazilian Jiu Jitsu (Ivan)
0900-1000: Pilates (Hyla)	0900-1000: Restorative Yoga (Hisaka)	0900-1000: Pilates (Hyla)	0900-1000: Power Yoga (Hisaka)	0900-1000: Pilates (Hyla)	0915-1015: Vinyasa Fusion Yoga (Milly)
	1015-1115 Total Body Conditioning (Bethany) <i>*Max 15 Participants*</i>				<b>Oktoberfest or Fall-Themed Strava Art Contest</b>
1015-1115: Muscle Pump (Sarah)	1015-1115: Zumba / Zumba Toning (Miki)	1015-1115 Butts & Guts (Brandi)		1015-1115: MixedFit (Ai)	
1130-1230: Zumba (Kat)	1130-1230: Zumba (Terumi)	1130-1230: Zumba (Kat)	1130-1230 Zumba Toning (Terumi)	1130-1230 Zumba (Kat)	<b>Legend</b>  <b>Aerobics Exercises</b>  <b>FAC</b>  <b>Functional Fitness Room #2</b>  <b>Mat Room (BJJ)</b>  <b>Fitness Improvement Program</b>  <b>Fitness Pad</b>  <b>Karate (Mirror Room)</b>  <b>Spin Room</b>
1130-1230: FIP Bootcamp / FFR2 (Brandi) <i>*Max 15 Participants*</i>	1130-1230: FIP Cycle Spin Room (Dee)	1130-1230: FIP Total Body Conditioning FFR2 (Brandi)	1130-1230 FIP Hatha Yoga FAC (Mason)	1130-1230: FIP Power Yoga FAC (Mason)	
1730-1830: Vinyasa Yoga FAC (Mason)	1800-1900: MixedFit (Naoko)				
1800-1900: FIP Cycle Spin Room (Dee)	1800-1900: FIP Pilates Mirror Room (Kat)	1800-1900: FIP Yoga FAC (Mason)	1800-1900: FIP P90X Aerobics Room (Laura)	1800-1900: FIP Cycle Spin Room (Dee)	
	1815-1915: Groove Cycle (Steven)	1815-1915: Rhythm Cycle (Meghan)	1815-1915: Groove Cycle (Steven)		
1830-2100: Brazilian jiu jitsu (Ivan)	1830-2100: Brazilian jiu jitsu (Ivan)	1830-2100: Brazilian jiu jitsu (Ivan)	1830-2100: Brazilian jiu jitsu (Ivan)	1830-2100: Brazilian jiu jitsu (Ivan)	
			1915-2015: Zumba (Laura)		
	1930-2100: Karate (Mason)		1930-2100: Karate (Mason)		
NO CLASSES ON HOLIDAYS, FAMILY DAYS, SUNDAYS, TCCOR-1, AND FEDERAL HOLIDAYS. LABOR DAY (1 SEPT - 3 SEPT) <b>(SCHEDULE SUBJECT TO CHANGE)</b>			FITNESS IMPROVEMENT PROGRAM (FIP): OPEN TO ALL MEMBERS. MANDATORY FIP MEMBERS TAKE PRECEDENCE AND WILL RECEIVE CREDIT.		

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13 / 14 SEPTEMBER

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