




































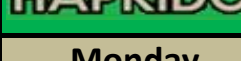
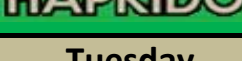
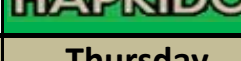






















USAG YONGSAN FMWR: SEPTEMBER GROUP EXERCISE SCHEDULE

		TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
COLLIER COMMUNITY FITNESS CENTER	STUDIO #2	0800-0900							
	STUDIO #1	0830-0930	 <i>Hae Sun</i>		 <i>Hae Sun</i>		 <i>Hae Sun</i>		
		0940-1040	 <i>Lara</i>	 <i>Jenna</i>	 <i>Lara</i>	 <i>Jenna</i>	 <i>Sharon</i>		
		1040-1140							
		1130-1230	 <i>Hyesung</i>						
		1045-1145							 <i>Lara</i>
		1730-1830	 <i>Chad</i>						
		1800-1900		 <i>Dahye</i>		 <i>Dahye</i>			
		1900-2000	 <i>Sharon</i>		 <i>Sharon</i>				
		1915-2015							
Court	1730-1830		 <i>Chad</i>	 <i>Laura</i>	 <i>Chad</i>				
	1830-1930	 <i>Laura</i>			 <i>Laura</i>				
SPINNING STUDIO	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	0630-0730	<i>To reserve studio for an instructor-led  SPINNING session, email: muyong.pak1.ln@mail.mil</i>							
	1800-1900		 <i>Rosanne</i>		 <i>Rosanne</i>				
INDOOR FUNCTIONAL RIG / OUTDOOR P.I.T.T.	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	0800-0900	Fight Tonight CrossFit		Fight Tonight CrossFit		Fight Tonight CrossFit			
	0900-1000	Fight Tonight CrossFit	Fight Tonight CrossFit	Fight Tonight CrossFit	Fight Tonight CrossFit	Fight Tonight CrossFit	Fight Tonight CrossFit		
	1730-1830	Fight Tonight CrossFit		Fight Tonight CrossFit					
1830-1930	Fight Tonight CrossFit	Fight Tonight CrossFit	Fight Tonight CrossFit	Fight Tonight CrossFit					
COMBATIVE ROOM #1	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	*Sunday		
	0800-0900		 HAPKIDO	 HAPKIDO	 HAPKIDO				
	0900-1030						 ATOS BRAZILIAN JIU-JITSU		
	1130-1230	 TAEKWONDO		 TAEKWONDO		 TAEKWONDO			
	1800-1900	 TAEKWONDO	 ATOS BRAZILIAN JIU-JITSU	 TAEKWONDO	 ATOS BRAZILIAN JIU-JITSU	 TAEKWONDO			
	1900-1930			 HAPKIDO		 HAPKIDO			
	1930-2000	 HAPKIDO	 HAPKIDO		 HAPKIDO				
2000-2030									
COMBATIVE ROOM #2	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	1100-1200	 TAEKWONDO		 TAEKWONDO		 TAEKWONDO			
	1530-1630		 SOO BAHK	 SOO BAHK	 SOO BAHK				
	1830-1900		 SOO BAHK	 SOO BAHK	 SOO BAHK				
	1900-1930	 HAPKIDO							
	1930-2000								
TRENT WARRIOR RESILIENCY FITNESS CENTER	COMBATIVE ROOM #1	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1100-1200	 TAEKWONDO		 TAEKWONDO		 TAEKWONDO		
		1530-1630		 SOO BAHK	 SOO BAHK	 SOO BAHK			
		1830-1900		 SOO BAHK	 SOO BAHK	 SOO BAHK			
		1900-1930	 HAPKIDO						
		1930-2000							