

USAG YONGSAN FMWR: FEBRUARY GROUP EXERCISE SCHEDULE

COLLIER COMMUNITY FITNESS CENTER	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	STUDIO #2	0800-0900						
	STUDIO #1	0830-0930	VINYASA YOGA Hae Sun		VINYASA YOGA Hae Sun	VINYASA YOGA Hae Sun		
		0940-1040	ZUMBA Lara	Barre Jenna	ZUMBA Lara	Barre Jenna	Hatha Yoga Sharon	
		1040-1140						
		1130-1230						
		1045-1145					ZUMBA Lara	
		1200-1300						
		1730-1830	STRONG Chad					
		1840-1940		CORE & STRENGTHENING YOGA Dahye		CORE & STRENGTHENING YOGA Dahye		
		1900-2000	Hatha Yoga Sharon		Hatha Yoga Sharon			
		1915-2015						
	Court	1730-1830		ZUMBA Chad		ZUMBA Chad		
		1830-1930	BODY PUMP Laura		BODY PUMP Laura	KICKBOXING Laura		
	SPINNING STUDIO	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		0630-0730	To reserve studio for an instructor-led SPINNING sion, email: inchol.chong2.ln@mail.mil					
		0830-0930		SPINNING Tricia		SPINNING Tricia		
		1730-1830			SPINNING Tricia			
	INDOOR FUNCTIONAL RIG / OUTDOOR PLIT	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
		1745-1845	Fight Tonight CrossFit	Fight Tonight CrossFit	Fight Tonight CrossFit	Fight Tonight CrossFit		
TRENT WARRIOR RESILIENCY FITNESS CENTER	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						
		1930-2000	HAPKIDO	HAPKIDO	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						