

USAG YONGSAN FMWR: APRIL GROUP EXERCISE SCHEDULE								
COLLIER COMMUNITY FITNESS CENTER		TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	STUDIO #2	0800-0900				STEP & CORE <i>Kathy</i>		
	STUDIO #1	0800-0900	VINYASA YOGA <i>Hae Sun</i>	Hatha Yoga <i>Sharon</i>	VINYASA YOGA <i>Hae Sun</i>	Power Yoga <i>Trish</i>	VINYASA YOGA <i>Hae Sun</i>	
		0915-1015	ZUMBA <i>Tita</i>	ZUMBA <i>Yira</i>	ZUMBA <i>Tita</i>	ZUMBA <i>Yira</i>	ZUMBA <i>Tita</i>	BALLROOM DANCING 0900-1030
		1030-1130					pure barre <i>Jenna</i>	
		1130-1230	coreYOGA <i>Hyesung</i>	Power Yoga <i>Trish</i>	pure barre <i>Jenna</i>	Power Yoga <i>Trish</i>		
		1045-1145						ZUMBA <i>Lara</i>
		1730-1830	STRONG <i>Chad</i>		ZUMBA <i>Yira</i>			
		1800-1900		YOGA BELLA <i>Dahye</i>		YOGA BELLA <i>Dahye</i>		
		1900-2000			Hatha Yoga <i>Sharon</i>			
		1915-2015						
	Court	1730-1830	ZUMBA <i>Lara</i>	ZUMBA <i>Chad</i>		ZUMBA <i>Chad</i>		
	SPINNING STUDIO	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		0630-0730	To reserve studio for an instructor-led SPINNING session, email: muyong.pak1.ln@mail.mil					
		1030-1130						
		1800-1900		SPINNING <i>Rosanne</i>		SPINNING <i>Rosanne</i>		
	INDOOR FUNCTIONAL RIG / OUTDOOR	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		0900-1015	Fight Tonight Fitness	Fight Tonight Fitness	Fight Tonight Fitness	Fight Tonight Fitness	Fight Tonight Fitness	Fight Tonight Fitness
		1000-1115						
		1830-1945	Fight Tonight Fitness	Fight Tonight Fitness	Fight Tonight Fitness	Fight Tonight Fitness		
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						
		1930-2000	HAPKIDO					