Wellness Center
October Aerobics Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
0600	F Beg Spintensity: Essie T Int/Adv Spintensity: Christine	T Beginner Spintensity: Earl	F Beg Spintensity: Essie T Int/Adv Spintensity: Christine	T Beginner Spintensity: Earl	
0630					F FISC Command Class
0700				F DDYJ FEP Command Class: Kalani	
0830	T Step: Beth	T Cardio Combat: Masumi	T Cardio Combat: Beth	T Interval Training: Masumi	T Body Blast: Beth
0930	T Leg Power:* Beth				T Yoga:* Beth
0945			T Hoppy Hour: Laura		
1000		S H_2O Power Hour: Masumi	S Mommy & Me: Masumi	S H_2O Power Hour: Masumi	S Mommy & Me: Masumi
1045			T Hoppy Hour: Laura		
1100		F TBC:* Chieko		F TBC:* Chieko	
1130	F Interval Training: Sue	F Beg/Int Spintensity:* Camden	F Interval Training: Sue	F Beg/Int Spintensity:* Camden	F Pilates: Tanya
1200		F Int/Adv Spintensity:* Camden		F Int/Adv Spintensity:* Camden	
1230		F Yoga: Beth		F Yoga: Beth	
1530		F SRF Command Class: Nicole			
1630	F Yoga: Chieko		F Yoga:* Chieko		F Yoga:* Chieko
1700		N Yoga @ school: Suk F Step: Paula	F Step: Paula	N Yoga @ school: Suk F Step: Paula/Cheiko Core Board 3rd & 4th	F Step: Paula
1730	F Basic Step: Chieko				
1800	BOQ H_2O Power Hr: Masumi	F TBC:* Paula	F TBC:* Paula BOQ H_2O Power Hr: Angela	F TBC:* Paula Yoga 3rd & 4th*: Chieko	F TBC:* Paula BOQ H_2O Power Hr: Angela
1815		I Instructor's Choice: Nicole		I Instructor's Choice: Nicole	
1830		F Cardio Combat: Masumi			

* 30 minute class
** Please read class description carefully
All classes are one hour unless otherwise noted

F: Fleet Gym **T: Thew Gym**
S: Seaside Pool **I: Ikego(Asuka Tower)**
N: Negishi **BOQ: Bachelor Officers' Quarters Pool**