



December 2017 Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0515	Body Pump (A) Angela HITT (KFH) Elena	Kettlebell (C) Carrie Cycling (D) Shauna	Body Pump (A) Angela HITT (KFH) Elena	Kettlebell (C) Carrie Cycling (D) Shauna	Body Pump (A) Angela HITT (KFH) Elena	
0830	Insanity (A) Cristina ❤️			Insanity (A) Cristina ❤️		
0900	HITT (B/C) Tami	TRX (B/C) Tami	Zumba (A) Ashley ❤️ HIIT (B/C) Tami	TRX (B/C) Tami		09:15 Bodypump (A) Eddie 09:15 Yoga (D) Luz
0930	Cycling (D) Sarah Zumba (A) June ❤️		Cycling (D) Sarah		Cycling (D) Sarah STRONG HIIT (A) June	Zumba (gym) Ashley ❤️
1000		Yoga (B) Tami		Yoga (B) Tami	❤️	
1030						Cycling (D) Danae STRONG HIIT (A) Gwen
1200	Bodypump (A) June	Yoga (D) Jimi Zumba (A) Daphne ❤️	Bodypump (A) June	Yoga (D) Jimi		11:15 Core (D) Danae (30 min class)
1300					Zumba (A) Ashley ❤️	
1700	Bodypump (A) June Kettlebell (C) Carrie	Insanity (A) Cristina	Bodypump (A) June Kettle Bell (C) Carrie	Core De Force (A) Cristina	MIXXEDFIT (A) Carisa ❤️	
1730	Core De Force (B) Cristina	Cycling (D) Danae		Cycling (D) Danae		
1800	Yoga (D) Luz Zumba (A) Ashley ❤️	MIXXEDFIT (A) Carisa ❤️	Yoga (D) Luz Zumba (A) Ashley ❤️	STRONG HIIT (A) Gwen		
1830		Core (D) Danae		Core (D) Danae		

- Training holidays are 22 and 29 Dec - No classes before 0900 or after 1800. No classes on Christmas day.

- No Pilates at KFH in December.

- Tami will not teach TRX or Yoga from 26 Dec – 3 Jan. Classes resume 4 Jan.

- 0930 Cycling cancelled 26 Dec – 3 Jan. Sarah's classes resume 5 Jan.

- Luz's 1800 Yoga is cancelled 18-29 Dec, as well as Saturday Yoga on 23 and 30 Dec.

Check Our Fort Riley Fitness on Facebook

WWW.FACEBOOK.COM/RILEYFITNESS

Or call 239-2583 for INFO

**M/W/F 0515AM - 30 Minute
HIIT classes at KING FIELD
HOUSE (KFH)**

All classes at KFH in the FFA Area (Please pre-purchase passes at Whitside, on-line or call 239-2583 prior to attending KFH classes)