

FITNESS

☎ Hardstand: 01638 54 3735 ☎ Northside: 01638 54 7566

FREE!

AUGUST



GROUP FITNESS CLASS SCHEDULE

Virtual Yoga	FACEBOOK	Monday	6 am
Family HIIT	HARDSTAND	Monday	9:30 am
*Total Body Conditioning	NORTHSIDE	Monday & Wednesday	11 am
*Total Body Conditioning	HARDSTAND	Monday	6 pm
*Cycling	HARDSTAND	Monday & Wednesday	5 pm
*Spin & Shred	HARDSTAND	Tuesday & Thursday	11 am
Yoga	HARDSTAND	Tuesday // Wednesday	6 pm // 9:30 am
*Body Pump	HARDSTAND	Thursday	5 pm
*MixxedFit™	HARDSTAND	Thursday	6 pm
Zumba™	HARDSTAND	Friday	9:30 am
*Total Body Strengthening	HARDSTAND	Friday	11 am

*Indicates FIP (Fitness Improvement Plan) Please note that Group Fitness classes are not offered during holidays and family days.

BROUGHT TO YOU BY
100TH FSS
AT RAF MILDENHALL