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**100<sup>TH</sup> FSS**

AT RAF MILDENHALL

# RAF MILDENHALL FITNESS JULY 2024 SCHEDULE

**FITNESS**

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



# JULY



## GROUP FITNESS CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6 am	<b>VIRTUAL YOGA</b> FACEBOOK				
9:30 am	* <b>FAMILY HIIT</b> HARDSTAND		<b>YOGA</b> HARDSTAND		<b>ZUMBA™</b> HARDSTAND
11 am	* <b>TOTAL BODY</b> <b>CONDITIONING</b> NORTHSIDE	* <b>SPIN &amp; SHRED</b> HARDSTAND	* <b>TOTAL BODY</b> <b>CONDITIONING</b> NORTHSIDE	* <b>SPIN &amp; SHRED</b> HARDSTAND	
5 pm	* <b>CYCLING</b> HARDSTAND		* <b>CYCLING</b> HARDSTAND	* <b>POWER PUMP</b> HARDSTAND	
6 pm		<b>YOGA</b> HARDSTAND		* <b>MIXXEDFIT™</b> HARDSTAND	

\*Indicates FIP (Fitness Improvement Plan)

Please note that Group Fitness classes are not offered during holidays and family days.



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