

Thorpe Hall Gym - Fitness Classes



 Carlisle FMWR · www.Carlisle.ArmyMWR.com · 23 Lovell Ave., Carlisle Barracks

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Closed	2. 0900-Body Blast (Michelle/Brian) 10:15-Yoga Tune Up (Linda) 1200- Body Blast 30 Min Workout (Michelle/Brian) 1730- Yoga Tune-Up (Linda)	3. 0900- Zumba (Sonoko) 10:00 TRX (Michelle/Brian) 1200- Kickboxing (Michelle) 1630-Hybrid boot camp (Brian)	4. 09:00-Body Blast (Michelle/Brian) 1200- Body Blast 30 Min Workout (Michelle/Brian)
7. 0900-Body Blast (Michelle/Brian) 10:15-Yoga Tune Up (Linda) 1200- Body Blast 30 Min Workout (Brian/Michelle) 1730-Yoga Tune-up (Linda)	8 0900- Zumba (Sonoko) 10:00 TRX (Michelle/Brian) 1200-Kickboxing (Michelle/ Brian) 1630-Hybrid boot camp (Brian)	9. 0900-Body Blast (Michelle/Brian) 10:15-Yoga Tune Up (Linda) 1200- Body Blast 30 Min Workout (Michelle/Brian) 1730- Yoga Tune-Up (Linda)	10. 0900- Zumba (Sonoko) 10:00 TRX (Michelle/Brian) 1200- Kickboxing (Michelle/Brian) 1630-Hybrid boot camp (Brian)	11. 09:00-Body Blast (Michelle/Brian) 1200- Body Blast 30 Min Workout (Michelle/Brian)
14. 0900-Body Blast (Brian/Michelle) 10:15-Yoga Tune Up (Linda) 1200- Body Blast 30 Min Workout (Brian/Michelle) 1730-Yoga Tune-up (Linda)	15. 0900- Zumba (Sonoko) 10:00 TRX (Michelle/Brian) 1200-Kickboxing (Michelle/ Brian) 1630-Hybrid boot camp (Brian)	16. 0900-Body Blast (Michelle/Brian) 10:15-Yoga Tune Up (Linda) 1200- Body Blast 30 Min Workout (Michelle/Brian) 1730-Yoga Tune-up (Linda)	17. 0900- Zumba (Sonoko) 10:00 TRX (Michelle/Brian) 1200- Kickboxing (Michelle/Brian) 1630-Hybrid boot camp (Brian)	18. 09:00-Body Blast (Michelle/Brian) 1200- Body Blast 30 Min Workout (Michelle/Brian)
21. MLK Holiday	22. 0900- Zumba (Sonoko) 10:00 TRX (Michelle/Brian) 1200-Kickboxing (Michelle/ Brian) 1630-Hybrid boot camp (Brian)	23. 0900-Body Blast (Michelle/Brian) 10:15-Yoga Tune Up (Linda) 1200- Body Blast 30 Min Workout (Michelle/Brian) 1730-Yoga Tune-up (Linda)	24. 0900- Zumba (Sonoko) 10:00 TRX (Michelle/Brian) 1200-Kickboxing (Michelle/Brian) 1630-Hybrid boot camp (Brian)	25. 09:00-Body Blast (Michelle/Brian) 1200- Body Blast 30 Min Workout (Michelle/Brian)
28. 0900-Body Blast (Brian/Michelle) 10:15-Yoga Tune Up (Linda) 1200- Body Blast 30 Min Workout (Brian/Michelle)	29. 0900- Zumba (Sonoko) 10:00 TRX (Michelle/Brian) 1200-Kickboxing (Michelle/ Brian) 1630-Hybrid boot camp (Brian)	30. 0900-Body Blast (Michelle/Brian) 10:15-Yoga Tune Up (Linda) 1200- Body Blast 30 Min Workout (Michelle/Brian) 1730-Yoga Tune-up (Linda)	31. 0900- Zumba (Sonoko) 10:00 TRX (Michelle/Brian) 1200- Kickboxing (Michelle/Brian) 1630-Hybrid boot camp (Brian)	