

FEBRUARY

2020

FLETC Group X Schedule

Bldg. 65 PT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 5:00 pm HIIT (Elaine)	4 5:00 pm Spin (Carla) 5:15 pm (Elaine)	5 5:00 pm Spin (Carla) 5:15 pm HIIT (Elaine)	6 5:00 pm Spin (Carla) 5:15 pm HIIT (Elaine)	7 No Classes	8
9	10 5:00 pm HIIT (Elaine)	11 5:00 pm Spin (Carla) 5:15 pm HIIT (Elaine)	12 5:00 pm Spin (Carla) 5:15 pm (Elaine)	13 5:00 pm Spin (Carla) 5:15 pm HIIT (Elaine)	14 No Classes	15
16	17 No Classes President's Day	18 5:00 pm Spin (Carla) 5:15 pm HIIT (Elaine)	19 5:00 pm Spin (Carla) 5:15 pm HIIT (Elaine)	20 5:00 pm Spin (Carla) 5:15 pm HIIT (Elaine)	21 No Classes	22
23	24 5:00 pm HIIT (Elaine)	25 5:00 pm Spin (Carla) 5:15 pm HIIT (Elaine)	26 5:00 pm Spin (Carla) 5:15 pm HIIT (Elaine)	27 5:00 pm Spin (Carla) 5:15 pm HIIT (Elaine)	28 No Classes	29

*HIIT –High Intensity Interval Training/ Total Body Conditioning

WELCOME Elaine and Kristian to our FLETC Fitness Program