

# KATTERBACH FITNESS CENTER

## MARCH FITNESS SCHEDULE

| MONDAY                                                                            | TUESDAY           | WEDNESDAY                  | THURSDAY                | FRIDAY                | SATURDAY                 |
|-----------------------------------------------------------------------------------|-------------------|----------------------------|-------------------------|-----------------------|--------------------------|
| Functional Fitness - Liz                                                          |                   | Functional Fitness - Malik |                         | 1                     | 2                        |
| Lunchtime H.I.I.T - Kathleen                                                      |                   | Yoga - Kylie               |                         | 0900-1000 Yoga Sculpt |                          |
| Yoga - Jill                                                                       |                   | Indoor Cycling - Mike      |                         |                       | 1000-1100 Functional Fit |
|  |                   |                            |                         |                       |                          |
| 4                                                                                 | 5                 | 6                          | 7                       | 8                     | 9                        |
| 0900-1000 Functional Fit                                                          |                   | 0900-1000 Functional Fit   | 0900-1000 Beginner Yoga | 0900-1000 Yoga Sculpt |                          |
| Indoor Cycling schedule varies weekly                                             | 1200-1245 H.I.I.T |                            |                         | 1200-1245 H.I.I.T     | 1000-1100 Functional Fit |
|                                                                                   | 1700-1800 Yoga    |                            |                         |                       | 1200-1245 H.I.I.T        |
| 1800-1900 Power Yoga                                                              |                   |                            |                         |                       |                          |
| 11                                                                                | 12                | 13                         | 14                      | Training Holiday 15   | 16                       |
| 0900-1000 Functional Fit                                                          |                   | 0900-1000 Functional Fit   | 0900-1000 Beginner Yoga | 0900-1000 Yoga Sculpt |                          |
| Indoor Cycling schedule varies weekly                                             | 1200-1245 H.I.I.T |                            |                         | 1200-1245 H.I.I.T     |                          |
|                                                                                   | 1700-1800 Yoga    |                            |                         |                       |                          |
| 1800-1900 Power Yoga                                                              |                   |                            |                         |                       |                          |
| Training Holiday 18                                                               | 19                | 20                         | 21                      | 22                    | 23                       |
| 0900-1000 Functional Fit                                                          |                   | 0900-1000 Functional Fit   | 0900-1000 Beginner Yoga | 0900-1000 Yoga Sculpt |                          |
| Indoor Cycling schedule varies weekly                                             | 1200-1245 H.I.I.T |                            |                         | 1200-1245 H.I.I.T     | 1000-1100 Functional Fit |
|                                                                                   | 1700-1800 Yoga    |                            |                         |                       | 1200-1245 H.I.I.T        |
| 1800-1900 Power Yoga                                                              |                   |                            |                         |                       |                          |
| 25                                                                                | 26                | 27                         | 28                      | 29                    | 30                       |
| 0900-1000 Functional Fit                                                          |                   | 0900-1000 Functional Fit   | 0900-1000 Beginner Yoga | 0900-1000 Yoga Sculpt |                          |
| Indoor Cycling schedule varies weekly                                             | 1200-1245 H.I.I.T |                            |                         | 1200-1245 H.I.I.T     | 1000-1100 Functional Fit |
|                                                                                   | 1700-1800 Yoga    |                            |                         |                       |                          |
| 1800-1900 Power Yoga                                                              |                   |                            |                         |                       |                          |
| CLASS TIMES AND DATES ARE SUBJECT TO CHANGE                                       |                   |                            |                         |                       |                          |



Unit Level Volleyball Games - Tues. & Thurs. - 1800

Boxing Training - Every Thursday - 1830-2000

Running Club - Every Wednesday - 1800

PT Yoga for Units with Dr. Regester - Tues. through Thurs., By appointment only

Body Building Training Program - Tues. & Wed. - 1700-1815, 1830-1945

Training Holiday Hours - Fri. March 15 & Mon. March 18 - 0900-1900

KATTERBACH FITNESS CENTER • DSN: 467-2771 • CIV: 09802-83-2771

- Now offering Saturday Classes!
- Massage Therapy appointments available
- Book a Personal Trainer!
- Individual classes \$4 each.
- Bulk purchase passes available