UNITED STATES ARMY
EST FORT BENNING, GA 1918
Sports • Fitness • Aquatics

SMITH FITNESS SEPT. SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600		RPM (2) Bill	Les Mills GRIT (1) Antonea		RPM (2) Bill	
0930	Bodypump (1) Michelle	TRX (2)Antonea	Bodypump (1) Michelle	TRX (Audie)Antonea	Bodypump (1) Michelle	**0945** Spin (2) Jennifer
1045	Body Blast(1) Lauren	Zumba (1) Sue Spin (2) Jennifer	Butts N Guts (1) Lauren	Zumba (1) Sue Spin (2) Jennifer	Step Interval (1) Lauren	Zumba (1) Sue Kettlebell (2) Jennifer
1130	RPM (2) Cynthia Yoga (DS) April	Yoga (Audie) Jordan	Yoga (DS) RPM (2) Cynthia	Yoga (DS) April	RPM (2) Cynthia	
1200	Zumba (1) Grace	Les Mills GRIT (1)MG	Zumba (1) Grace	Les Mills GRIT (1) MG		
1700	RPM (2) Cynthia **1730** LesMills GRIT (1) Antonea	Body Pump (1) Michelle **1730** Yoga(Audie)	RPM (2) Cynthia	Body Pump (1) Michelle		
1800	Yoga(DS)April	Extreme Cycle (2) Bill	Yoga(DS)April **1815** Ab Attack (2) Antonea	Yoga(DS)April		
1845	STRONG (1)Sue	Zumba Toning **(**1) Shavonne	STRONG (1)Sue	Zumba (1) Shavonne		

Classes in **RED** = Strength and Power **BLUE** = Cardio **PURPLE** = Flexibility/Toning **ORANGE** = HIIT
** (1)= Studio 1, (2)= Studio 2, (DS)= Down stairs studio, (Audie)=@ Audie Murphy***

Class descriptions on back!