

JUNE 2019



Maxwell Group

Fitness Schedule

Instructors: DE - Donna, MB - Michelle, JH - Joshua, DP - Dwayne, RH - Rebecca, MS - Melissa, AT - Aretha

FIP classes

Fitness on Request classes (FOR)

H.I.I.T & Endurance

(will be held in the FC annex bldg 689)

Schedules can be found on www.lifeatthemax.us

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
					01	02
03 0600 HIIT - JH (Active Duty/Reserve Only) 1000 Spin - DE 1130 HIIT - JH (Annex) 1700 Zumba - MB	04 0600 Run/ Endurance - JH 1130 Tabata - RH	05 0600 HIIT - DP (Active Duty/Reserve Only) 1130 HIIT - JH (Annex) 1130 Strength Stretch & Flexibility - AT 1700 Zumba - MB	06 0600 HIIT - JH (Active Duty/Reserve Only) 1130 HIIT - DP (Annex) 1130 Tabata - MS	07 0600 HIIT - DP (Active Duty/Reserve Only) 1130 Refreshing Flow Yoga - FOR	08	09
10 1000 Spin - DE 1130 Stomp Step - FOR 1700 Zumba - MB	11 1130 Tabata - RH 1800 Vibe 350 - FOR	12 0600 HIIT - DP (Active Duty/Reserve Only) 1130 HIIT - JH (Annex) 1130 Strength Stretch & Flexibility - AT 1700 Zumba - MB	13 0600 HIIT - JH (Active Duty/Reserve Only) 1130 HIIT - DP (Annex) 1130 Tabata - MS 1700 Kickboxing - FOR	14 0600 HIIT - DP (Active Duty/Reserve Only) 1130 Kinetics - FOR	15	16
17 0600 HIIT - JH (Active Duty/Reserve Only) 1000 Spin - DE 1130 HIIT - JH (Annex) 1700 Zumba - MB	18 0600 Run/ Endurance - JH 1130 Tabata - RH	19 0600 HIIT - DP (Active Duty/Reserve Only) 1130 HIIT - JH (Annex) 1130 Strength Stretch & Flexibility - AT 1700 Zumba - MB	20 0600 HIIT - JH (Active Duty/Reserve Only) 1130 HIIT - DP (Annex) 1130 Tabata - MS	21 0600 HIIT - DP (Active Duty/Reserve Only) 1130 Cycling - FOR	22	23
24 0600 HIIT - JH (Active Duty/Reserve Only) 1000 Spin - DE 1130 HIIT - JH (Annex) 1700 Zumba - MB	25 0600 Run/ Endurance - JH 1130 Tabata - RH	26 0600 HIIT - DP (Active Duty/Reserve Only) 1130 HIIT - JH (Annex) 1130 Strength Stretch & Flexibility - AT 1700 Zumba - MB	27 0600 HIIT - JH (Active Duty/Reserve Only) 1130 HIIT - DP (Annex) 1130 Tabata - MS	28 0600 HIIT - DP (Active Duty/Reserve Only) 1130 Refreshing Flow Yoga - FOR	29	30