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**100<sup>TH</sup> FSS**  
 AT RAF MILDENHALL

# RAF MILDENHALL FITNESS APRIL 2024 SCHEDULE

# APRIL

**FREE!**

## GROUP FITNESS CLASS SCHEDULE

NORTHSIDE & HARDSTAND FITNESS CENTER



Time	Monday	Tuesday	Wednesday	Thursday	Friday
6 am	<b>VIRTUAL YOGA</b> FACEBOOK				
9:30 am	<b>*FAMILY HIIT</b> HARDSTAND		<b>YOGA</b> HARDSTAND		<b>ZUMBA™</b> HARDSTAND
11 am	<b>*TOTAL BODY CONDITIONING</b> NORTHSIDE	<b>*SPIN &amp; SHRED</b> HARDSTAND	<b>*TOTAL BODY CONDITIONING</b> NORTHSIDE	<b>*SPIN &amp; SHRED</b> HARDSTAND	<b>*TOTAL BODY STRENGTH</b> HARDSTAND
5 pm	<b>*CYCLING</b> HARDSTAND		<b>*CYCLING</b> HARDSTAND	<b>*POWER PUMP</b> HARDSTAND	
6 pm		<b>YOGA</b> HARDSTAND		<b>*MIXXEDFIT™</b> HARDSTAND	

**\*Indicates FIP (Fitness Improvement Plan)**

Please note that Group Fitness classes are not offered during holidays and family days.



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