

GROUP EXERCISE SCHEDULE

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	STEP 0630-0730		STEP 0630-0730	TRX & MORE 0630-0730	CYCLING 0630-0730	
7:00 AM						
7:30 AM	COMMAND PT (by appointment) 0700-0900		COMMAND PT (by appointment) 0700-0900		COMMAND PT (by appointment) 0700-0900	
8:00 AM						
8:30 AM						
8:30 AM		FIT & MOBILE 0830-0930		FIT & MOBILE 0830-0930		
9:00 AM						
9:30 AM						STEP 0900-1000
10:00 AM						
10:30 AM						
11:00 AM	COMMAND PT (by appointment) 1100-1300				COMMAND PT (by appointment) 1100-1300	
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
4:00 PM						
4:30 PM	STEP 1630-1730	YOGA 1630-1730	STEP 1630-1730			
5:00 PM						
5:30 PM						



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