



GAFFNEY FITNESS CENTER

CLASS SCHEDULE

MONDAY

1715-1815 Step Aerobics
 1800-2000 Advanced Jiu Jitsu
 1830-1930 Zumba

TUESDAY

1715-1815 Step Aerobics
 1800-2000 Jiu Jitsu (Combative Room)
 1830-1930 Zumba

WEDNESDAY

1830-1930 Zumba

THURSDAY

1715-1815 Step Aerobics
 1800-2000 Jiu Jitsu (Combative Room)
 1830-1930 Zumba

Spin Bike Class

MONDAY 0530, 0930, 1200
 TUESDAY 0530, 0630, 1730
 WEDNESDAY 0530, 1200
 THURSDAY 0530, 0630, 1700
 FRIDAY 0530, 0630
 SATURDAY 0930

1st Saturday of every month: 0930 (A)
 3rd Saturday of every month: 0930 (J)

- ▶ No classes will be held on federal holidays
- ▶ All classes are free
- ▶ Participants must have a valid Military ID/ DoD Civilian ID/ MWR Card
- ▶ For more information, please call 301-677-3724