

Monti Physical Fitness Center Group Fitness Schedule

◀ October		November 2019					December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2 930 Mixedfit	
3	4 0930 Body Blast 1800 Zumba	5 0915 Yoga 1800 Hip Hop Cycle	6 0930 Bootcamp 1830 Zumba	7 0915 Yoga 1800 H.I.I.T 1915 Mixedfit	8 0930 Body Blast	9 0930 Zumba	
10	11 0930 Body Blast	12 0915 Yoga 1800 Zumba	13 0930 Bootcamp 1830 Zumba	14 0915 Yoga 1800 H.I.I.T 1915 Mixedfit	15 0930 Body Blast	16 930 Zumba	
17	18 0930 Body Blast 1800 Zumba	19 0915 Yoga 1800 Mixedfit	20 0930 Bootcamp 1830 Zumba	21 0915 Yoga 1800 H.I.I.T 1915 Mixedfit	22 0930 Body Blast	23 0930 Mixedfit	
24	25 0930 Body Blast 1800 Zumba	26 0915 Yoga 1800 Hip Hop Cycle	27 0930 Bootcamp	28 Happy	29 Thanksgiving	30 0930 Zumba	



4305 Conway Road
315-772-4936
Monday–Friday: 5:30 am to 10 pm
Weekends, Holidays & DONSA: 7 am to 3 pm
Pool: closed until further notice



Find us at drum.armymwr.com/programs/monti-physical-fitness-center and follow us on Facebook @montigym