

# Fort Bliss Group Exercise Schedule

For class descriptions or additional information,  
visit [www.blissmwr.com/aerobics](http://www.blissmwr.com/aerobics).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>0630-0730</b>	Keiser Cycling (Soto & Stout)	Keiser Cycling (Soto & Stout) <b>*0600-0700*</b>	Keiser Cycling (Soto & Stout)	Keiser Cycling (Soto & Stout) <b>*0600-0700*</b>	Keiser Cycling (Soto & Stout)	<b>PT Classes; Active Duty Soldiers in uniform have priority</b>
<b>0900-1000</b>	Power Pump (Soto)  Keiser Cycling (Stout)  Rockin' Aerobics (Stout)  Gravity (Milam)  Zumba (Logan Heights)	Keiser Cycling (Soto)  Rock Hard G.A.L. (Soto)  Body Sculpt (Stout)  Gravity (Milam)	Keiser Cycling (Stout)  Rockin' Aerobics (Stout)  Power Pilates (Soto)  Gravity (Milam)  Zumba (Logan Heights)	Keiser Cycling (Soto)  RIPPED (Soto)  Pilates (Stout)  Gravity (Milam)	Power Pump (Soto)  Keiser Indoor Cycling (Stout)  Rockin' Aerobics (Stout)  RIPPED (Logan Heights)  Gravity (Milam)	TurboKick (Stout)  Keiser Cycling 0900-1030 (Soto)
<b>1000-1100</b>	Zumba (Soto)  Pilates (Stout)	TRX (Soto)  Zumba (Soto)  AquaZumba (Replica Pool)	Kick Boxing (Soto)  RIPPED (Stout)	<b>*1015-1045*</b> Beginner Keiser Cycling (Stout)  Zumba (Soto)  <b>*1010-1125*</b> Hatha Yoga (Milam)	<b>*1030-1130*</b> Zumba (Stout)  RIPPED (Soto)	Zumbatomic (Soto)
<b>1145-1245</b>	Keiser Cycling (Soto)  Zumba (Soto)	Keiser Cycling (Stout)  RIPPED (Soto)  <b>*1130-1230*</b> Yoga basics (Milam)	Keiser Cycling (Soto)  Zumba (Soto)	Keiser Cycling (Stout)  Zumba (Stout)  RIPPED (Soto)	Keiser Cycling (Soto)  Sentao Zumba (Soto)	
<b>1600-1700</b>				Cardio Tai Chi (Milam)		
<b>1730-1830</b>	Ultimate Conditioning (Soto)  Gravity (Milam)	Hard core <b>*1730-1800*</b> (Soto)  Kettleworks (Soto)  Salsa (Stout)	Hard core <b>*1730-1800*</b> (Soto)  Gravity (Milam)	Hard Core <b>*1700-1730*</b> (Soto)  RIPPED (Soto)  Salsa (Stout)	Gravity Burn at Full Force (Milam)  Zumba (Soto)	
<b>1830-1930</b>	Keiser Cycling (Soto & Stout)  RIPPED (Stout)  TurboKick (Soto)  Gravity (Milam)	Keiser Cycling (Soto & Stout)  TRX (Stout)  Zumba (Soto)	Keiser Cycling (Soto & Stout)  RIPPED (Stout)  Gravity (Milam)	Keiser Cycling (Soto & Stout)  TRX (Stout)	Keiser Cycling (Soto)  Salsa (Soto)	

