

DEPARTMENT OF THE AIR FORCE



FITNESS & SPORTS

**JOINT BASE ANACOSTIA-BOLLING
AEROBIC CENTER**

AEROBICS SCHEDULE



JBABFSS.COM

	MON	TUE	WED	THU	FRI
6 AM	BOOT CAMP	CYCLE	BOOT CAMP	CYCLE	
8 AM		SENIOR FITNESS		SENIOR FITNESS	
9 AM		ZUMBA GOLD	YOGA		
10 AM		SENIOR FITNESS	POWER PUMP	SENIOR FITNESS	YOGA
11 AM	ZUMBA	YOGA	CORE FITNESS	YOGA	POWER PUMP
12 PM	CYCLE	POWER PUMP	CYCLE	POWER PUMP	CYCLE
4:30 PM		ZUMBA		ZUMBA TONING	