

**JOINT BASE ANACOSTIA-BOLLING**

# **AEROBICS SCHEDULE**

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
<b>6 AM</b>	<b>BOOT CAMP</b>	<b>CYCLE</b>	<b>BOOT CAMP</b>	<b>CYCLE</b>	
<b>11 AM</b>	<b>ZUMBA</b>	<b>YOGA</b>		<b>YOGA</b>	<b>POWER PUMP</b>
<b>12 PM</b>			<b>CYCLE</b>	<b>POWER PUMP</b>	
<b>4:30 PM</b>	<b>CYCLE</b>	<b>ZUMBA</b>	<b>POWER PUMP</b>	<b>ZUMBA</b>	<b>YOGA</b>



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