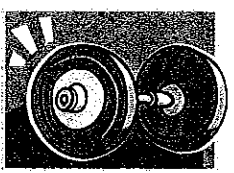





BUCKLEY AIR FORCE BASE GROUP EXERCISE SCHEDULE

Sun Mon Tue Wed Thu Fri Sat

NOVEMBER 2008

							1 10:00-Yoga-Lina
	2 0600-Spokes-Meagan 1130 PowerSculpt-Lina 1730-Spokes-Mariska	3 0600-Spokes-Michelle 1130-Step-Kelly 1730-PowerSculpt-Christina	4 0600-Spokes-Meagan 1130-PowerSculpt-Julie 1730-Spokes-Christina	5 0600-Spokes-Jessica 1130-Kickboxing-Julie 1730-Yoga-Michelle	6 0600-Spokes-Suzanne 1130-Spokes-Carrie 1730-PowerSculpt-Carrie	7 10:00-Yoga-Lina	8
	9 0600-Spokes-Meagan 1130 PowerSculpt-Lina 1730-Spokes-Mariska	10 NO CLASSES	11 0600-Spokes-Meagan 1130-PowerSculpt-Julie 1730-Spokes-Christina	12 0600-Spokes-Jessica 1130-Kickboxing-Julie 1730-Yoga-Michelle	13 0600-Spokes-Suzanne 1130-Spokes-Carrie 1730-PowerSculpt-Carrie	14 10:00-Yoga-Lina	15
	16 0600-Spokes-Meagan 1130 PowerSculpt-Lina 1730-Spokes-Mariska	17 0600-Spokes-Michelle 1130-Step-Kelly 1730-PowerSculpt-Christina	18 0600-Spokes-Meagan 1130-PowerSculpt-Julie 1730-Spokes-Christina	19 0600-Spokes-Jessica 1130-Kickboxing-Julie 1730-Yoga-Michelle	20 0600-Spokes-Suzanne 1130-Spokes-Carrie 1730-PowerSculpt-Carrie	21 10:00-Yoga-Lina	22
	23 0600-Spokes-Meagan 1130 PowerSculpt-Lina 1730-Spokes-Mariska	24 0600-Spokes-Michelle 1130-Step-Kelly 1730-PowerSculpt-Christina	25 0600-Spokes-Meagan 1130-PowerSculpt-Julie 1730-Spokes-Christina	26 	27 NO CLASSES	28	29
	30 "If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place." ~ Nora Roberts	 <p>BUCKLEY AFB SERVICES Combat Support & Community Service</p>					Classes meet the requirements for FIP per AFI 34-266