

MAY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Cycle & Core 0545-0645 ACFT Training 0600-0700 Functional Strength 0600-0700 & 0900-1000 Tai Chi 0930-1030	2 Running Group 0630-0730 Boxing 0900-1000 Reiki Therapy 1100-1300 Open Boxing 1700-1900 Chiropractor 1730-1900	3 ACFT Training 0600-0700 Functional Strength 0900-1000 Tai Chi 1030-1130	4 Vinyasa Yoga by Veterans Yoga Project 0930 - 1030
5 Sunday Family Gym 1300 - 1500	6 ACFT Training 0600-0700 Functional Strength 0600-0700 & 0900-1000	7 Running Group 0630-0730 Boxing 0900-1000 Reiki Therapy 1100-1300 Open Boxing 1700-1900	8 Cycle & Core 0545-0645 ACFT Training 0600-0700 Functional Strength 0600-0700 & 0900-1000 Tai Chi 0930-1030	9 Running Group 0630-0730 Boxing 0900-1000 Reiki Therapy 1100-1300 Open Boxing 1700-1900 Chiropractor 1730-1900	10 ACFT Training 0600-0700 Functional Strength 0900-1000 Tai Chi 1030-1130	11 Vinyasa Yoga by Veterans Yoga Project 0930 - 1030
12 Sunday Family Gym 1300 - 1500	13 ACFT Training 0600-0700 Functional Strength 0600-0700 & 0900-1000	14 Running Group 0630-0730 Boxing 0900-1000 Reiki Therapy 1100-1300 Open Boxing 1700-1900	15 Cycle & Core 0545-0645 ACFT Training 0600-0700 Functional Strength 0700-0800 & 0900-1000 Tai Chi 0930-1030 Functional Strength 1715-1815	16 Running Group 0630-0730 Boxing 0900-1000 Reiki Therapy 1100-1300 Open Boxing 1700-1900 Chiropractor 1730-1900	17 ACFT Training 0600-0700 Functional Strength 0900-1000 Tai Chi 1030-1130	18 Vinyasa Yoga by Veterans Yoga Project 0930 - 1030
19 Sunday Family Gym 1300 - 1500	20 ACFT Training 0600-0700 Functional Strength 0600-0700 & 0900-1000	21 Running Group 0630-0730 Boxing 0900-1000 Reiki Therapy 1100-1300 Open Boxing 1700-1900	22 Cycle & Core 0545-0645 ACFT Training 0600-0700 Functional Strength 0700-0800 & 0900-1000 Tai Chi 0930-1030	23 Running Group 0630-0730 Boxing 0900-1000 Reiki Therapy 1100-1300 Open Boxing 1700-1900 Chiropractor 1730-1900	24 ACFT Training 0600-0700 Functional Strength 0900-1000 Tai Chi 1030-1130	25 Vinyasa Yoga by Veterans Yoga Project 0930 - 1030
26 Sunday Family Gym 1300 - 1500	27 ACFT Training 0600-0700 Functional Strength 0600-0700 & 0900-1000	28 Running Group 0630-0730 Boxing 0900-1000 Reiki Therapy 1100-1300 Open Boxing 1700-1900	29 Cycle & Core 0545-0645 ACFT Training 0600-0700 Functional Strength 0700-0800 & 0900-1000 Tai Chi 0930-1030	30 Running Group 0630-0730 Boxing 0900-1000 Reiki Therapy 1100-1300 Open Boxing 1700-1900 Chiropractor 1730-1900	31 ACFT Training 0600-0700 Functional Strength 0900-1000 Tai Chi 1030-1130	

Strong B.A.N.D.S Running Group: Tuesday & Thursday • 0630 - 0730

Reiki Therapy: Tuesday/Thursday 1100-1300 Relax and enhance your sense of wellbeing through energy healing

Boomer and Gio Celebrity Softball Game: 6/5/19 • 1830-2030

ACFT Training: Trainers available to coach proper technique, conditioning, and form



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Fort Hamilton Sports & Fitness Center