

# FUNCTIONAL FITNESS AREA CLASS SCHEDULE:



	MON	TUES	WED	THUR	FRI
0600	FIP	FIP	(0545)HEAT*	FIP	FIP
	WARBIRD CROSSFIT	WARBIRD CROSSFIT	FIP	WARBIRD CROSSFIT	
1100	WARBIRD CROSSFIT	WARBIRD CROSSFIT		WARBIRD CROSSFIT	
1200	WARBIRD CROSSFIT	WARBIRD CROSSFIT		WARBIRD CROSSFIT	
1600	ADRENALINE*		ADRENALINE*		
1700	WARBIRD CROSSFIT	WARBIRD CROSSFIT		WARBIRD CROSSFIT	

\*PAID CLASS

FIP and CROSSFIT classes are FREE.

SPACE AND EQUIPMENT MAY BE LIMITED.

CLASSES HAVE PRIORITY.

FFA HOURS OF OPERATION:

MON-FRI 0530-2100

WEEKENDS, HOLIDAYS, AFMC FAMILY DAYS: 0730-1600

