

DECEMBER GROUP EXERCISE SCHEDULE

MON

TUES

WED

THUR


FRI

MCAS BEAUFORT

TABATA CANCELLED 08 DECEMBER • THERE WILL BE NO CLASSES 20-24 DECEMBER & 27-31 DECEMBER

<p>0500-0800 UNIT PT BY REQUEST</p> <p>1000-1100 UNIT PT BY REQUEST</p>	<p>0500-0800 UNIT PT BY REQUEST</p> <p>0900 TONING TUESDAYS</p> <p>1000-1100 UNIT PT BY REQUEST</p>	<p>0500-0800 UNIT PT BY REQUEST</p> <p>1000-1100 UNIT PT BY REQUEST</p> <p>1130 TABATA</p>	<p>0500-0800 UNIT PT BY REQUEST</p> <p>1000-1100 UNIT PT BY REQUEST</p>	<p>0500-0800 UNIT PT BY REQUEST</p> <p>1000-1100 UNIT PT BY REQUEST</p> <p>1130 WARRIOR TRAINING FUNDAMENTALS</p>
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MCRD PARRIS ISLAND

<p>0630 UNIT PT BY REQUEST</p> <p>1130 TRX CORE & MORE</p>	<p>0630 UNIT PT BY REQUEST</p>	<p>0630 STS - SHAPE, TONE & SCULPT</p> <p>1130 SPIN</p>	<p>0630 UNIT PT BY REQUEST</p> <p>1130  ACTIVE DUTY PRIORITY</p>	<p>0630 STS - SHAPE, TONE & SCULPT</p>
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FOR MORE INFORMATION OR TO SET UP ADDITIONAL CLASSES/UNIT PT'S/HITT CONTACT:

HITT-JONATHAN.HUTCHISON@USMC-MCCS.ORG • 843-228-7909

ADDITIONAL CLASSES AND UNIT PT

MICHELE.D.BRITTINGHAM@USMC-MCCS.ORG- 843-228-1565

ITZEL.VOLINO@USMC-MCCS.ORG • ADAM.F.DALTON@USMC-MCCS.ORG-843-228-7192

For optimum service, requests must be received via email a minimum of 24 hours in advance and are required for groups of 10 to 30+ Marines. Please include unit, POC's phone number, date, time, preferred session format and number of participants. Please allow 2 to 3 business days to receive email confirmation of your request. Requests to reschedule (or cancellations) require notice to hutchisonjb@usmc-mccs.org via email no later than noon of the prior business day. See our website mccs-sc.com for more information.

Please consult your physician before beginning any exercise program.
Patrons of all ability levels are welcome and encouraged to attend all events. Contact us for assistance.

