December 2025





Manager of F&S x8731
Fitness Coordinator x8737
Fitness Office x8747
KMCSC Front Desk x8752

Fitness Department Program Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday		
	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec		
Garrison Military PT 0730-0830	Strength	Conditioning	Strength	Conditioning			
		•					
	Half Moon South	Half Moon South	Half Moon South	Half Moon South			
		Progressive		Progressive Conditioning			
		Conditioning					
24111		FH 7		FH 7			
Military Supplementary PT (SPTP)	Conditioning	Strength	Conditioning	Strength	FORCE Practice		
0730-0830	Cardio Corner	Combat Corner	Cardio Corner	Combat Corner	FH 4+5		
Noon Hour Fitness 1200-1245	Strength	Conditioning	Strength	Conditioning			
	Half Moon South	Half Moon South	Half Moon South	Half Moon South			
	Moga		Moga		Moga		
	Room 105		Room 105		CANCELLED		
	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec		
Garrison Military PT 0730-0830	Strength	Conditioning	Strength	Conditioning			
	Half Moon South	Half Moon South	Half Moon South	Half Moon South			
		Progressive Conditioning		Progressive Conditioning			
		FH 7		FH 7			
Military Supplementary	Conditioning	Strength	Conditioning	Strength	FORCE Practice		
PT (SPTP)			· ·				
0730-0830	Cardio Corner	Combat Corner	Cardio Corner	Combat Corner	FH 4+5		
Noon Hour Fitness 1200-1245	Strength	Conditioning	Strength	Conditioning			
	Half Moon South	Half Moon South	Half Moon South	Half Moon South			
	Moga		Moga		Moga		
	Room 105		Room 105		CANCELLED		

Holiday Schedule	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec
Garrison Military PT	Strength	Conditioning	Strength	Conditioning	
0730-0830	Half Moon South	Half Moon South	Half Moon South	Half Moon South	
Military Supplementary PT (SPTP)	Conditioning	Strength	Conditioning	Strength	
0730-0830	Cardio Corner	Combat Corner	Cardio Corner	Combat Corner	
FORCE Testing 0830-1000	FORCE Testing FH 4+5	FORCE Testing FH 4+5	No FORCE Testing from 17-Dec to 03-Jan		
	Strength	Conditioning	Strength	Conditioning	
Noon Hour Fitness	Half Moon South	Half Moon South	Half Moon South	Half Moon South	
1200-1245	Moga		Moga		Moga
	Room 105		Room 105		Room 105
Holiday Schedule	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec
FORCE Testing	No FORCE	Testing from 17-Dec to	02-Jan	FACILITY CLOSED	FACILITY CLOSED
Noon Hour Fitness	Moga	Strength & Conditioning			
1200-1245	Room 105	Half Moon South			
Holiday Schedule	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan
				FACILITY CLOSED	
FORCE Testing	No FORCE	Testing from 17-Dec to			
Noon Hour Fitness	Moga Room 105	Strength & Conditioning Half Moon South			Moga Room 105