

December 2025



PRO-FIT System

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

Fitness Department Program Schedule

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

Holiday Schedule	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec
Garrison Military PT 0730-0830	Strength Half Moon South	Conditioning Half Moon South	Strength Half Moon South	Conditioning Half Moon South	
Military Supplementary PT (SPTP) 0730-0830	Conditioning Cardio Corner	Strength Combat Corner	Conditioning Cardio Corner	Strength 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		
Noon Hour Fitness 1200-1245	Strength Half Moon South	Conditioning Half Moon South	Strength Half Moon South	Conditioning Half Moon South	
	Moga Room 105		Moga Room 105		Moga 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				
Noon Hour Fitness 1200-1245	Moga Room 105	Strength & Conditioning Half Moon South			
Holiday Schedule	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan
FORCE Testing	No FORCE Testing from 17-Dec to 02-Jan				
Noon Hour Fitness 1200-1245	Moga Room 105	Strength & Conditioning Half Moon South			Moga Room 105