



GARRISON PHYSICAL TRAINING

Contact List:

Manager, Fitness & Sports	x271-8731
Fitness Coordinator	x271-8737
Fitness Office	x271-8747

JANUARY 2026

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	Practice FORCE FH 4/5
Military Drop-In Sports 0730-0830	Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner
Week 2	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	Practice FORCE FH 4/5
Military Drop-In Sports 0730-0830	Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner
Week 3	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	Practice FORCE FH 4/5
Military Drop-In Sports 0730-0830	Boxing Fitness CANCELLED		Boxing Fitness CANCELLED		Boxing Fitness CANCELLED
Week 4	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	Practice FORCE FH 4/5
Military Drop-In Sports 0730-0830	Boxing Fitness CANCELLED		Boxing Fitness CANCELLED		Boxing Fitness CANCELLED

ALL CLASSES ARE DROP-IN BASED. NO REGISTRATION REQUIRED!

**FORCEFit - Requires advance registration. Please contact Janice Keown for information: keown.janice@cfmws.com