


Contact List:						
	GARRISON PHYSICAL TRAINING				Manager, Fitness & Sports	x271-8731
					Fitness Coordinator	x271-8737
					Fitness Office	x271-8747
JUNE 2026						
Day	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	Practice FORCE	
	Military Pool Training					
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner		FH 4/5
Week 2	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	Cannonball Crush NO CLASSES TODAY	
	Military Pool Training					
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Combat Corner	**FORCEFit Combat Corner		
Week 3	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	NO CLASSES TODAY	
	NO Pool					
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner		
Week 4	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	Practice FORCE	
	Military Pool Training					
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner		FH 4/5
Week 5	29-Jun	30-Jun				
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS				
	Military Pool Training					
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner				

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

**FORCEFit - Requires advance registration. Please contact Justin Moore for information: moore.justin@cfmws.com

* Friday morning Practice FORCE is open to all military members wanting to practice any or all of the 4 components.

FOR ANY PSP-LED UNIT PT REQUESTS, PLEASE CONTACT JUSTIN MOORE (moore.justin@cfmws.com) FOR AVAILABILITY