

	GARRISON PHYSICAL TRAINING	Contact List:	
		Manager, Fitness & Sports Fitness Coordinator Fitness Office	x271-8731 x271-8737 x271-8747

MAY 2026

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	4-May	5-May	6-May	7-May	8-May
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	Practice FORCE FH 4/5
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	
Week 2	11-May	12-May	13-May	14-May	15-May
Garrison PT 0730-0815	GSC Strength ~weight room	GSC Conditioning ~cardio room	GSC Strength ~weight room	GSC Conditioning ~cardio room	RMC Convocation
	**FORCEFit ~cardio room	**FORCEFit ~weight room	**FORCEFit ~cardio room	**FORCEFit ~weight room	
Week 3	18-May	19-May	20-May	21-May	22-May
Garrison PT 0730-0815	VICTORIA DAY	GSC Conditioning ~weight room	GSC Strength ~weight room	GSC Conditioning HMS	Practice FORCE FH 4/5
		**FORCEFit ~weight room	**FORCEFit ~weight room	**FORCEFit Combat Corner	
Week 4	25-May	26-May	27-May	28-May	29-May
Garrison PT 0730-0815	GSC Strength HMS	GSC Conditioning HMS	GSC Strength HMS	GSC Conditioning HMS	Practice FORCE FH 4/5
	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	**FORCEFit Cardio Corner	**FORCEFit Combat Corner	

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

**FORCEFit - Requires advance registration. Please contact Lindsay Clark for information: clark.lindsay@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

~PLEASE NOTE THERE IS NO FIELD HOUSE AVAILABILITY ON THESE DATES DUE TO RMC CONVOCATION