Noon-Hour Fitness Classes

KINGSTON | PSP

FEBRUARY 2025

Day	Monday		Tuesday		Wednesday		Thursday		Friday	
Week 1	3-Feb		4-Feb		5-Feb		6-Feb		7-Feb	
1200-1300	Lane Swim Pool		Lane Swim Pool		Lane Swim Pool		Lane Swim Pool		Lane Swim Pool	
	Strength HMS		Conditioning HMS		Strength HMS		Conditioning HMS			
	Moga Room 105				Moga Room 105				Moga Room 105	
Military Drop-In Sports 1200-1300	Shinny Arena	Soccer Dome	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena
Week 2	10-Feb		11-Feb		12-Feb		13-Feb		14-Feb	
1200-1300	Lane Swim Pool		Lane Swim Pool		Lane Swim Pool		Lane Swim Pool		Lane Swim Pool	
	Strength HMS		Conditioning HMS		Strength HMS		Conditioning HMS			
	Moga Room 105				Moga Room 105				Moga Room 105	
Military Drop-In Sports 1200-1300	Shinny Arena	Soccer Dome	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena
Week 3	17-Feb		18-Feb		19-Feb		20-Feb		21-Feb	
1200-1300	Lane Swim Pool		Lane Swim Pool		Lane Swim Pool		Lane Swim Pool		Lane Swim Pool	
	Strength HMS		Conditioning HMS		Strength HMS		Conditioning HMS			
	Moga Room 105				Moga Room 105				Moga Room 105	
Military Drop-In Sports 1200-1300	Shinny Arena	Soccer Dome	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena
Week 4	24-Feb		25-Feb		26-Feb		27-Feb		28-Feb	
1200-1300	Lane Swim Pool		Lane Swim Pool		Lane Swim Pool		Lane Swim Pool		Lane Swim Pool	
	Strength HMS		Conditioning HMS		Strength HMS		Conditioning HMS			
	Moga Room 105				Moga Room 105				Moga Room 105	
Military Drop-In Sports 1200-1300	Shinny Arena	Soccer Dome	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena	Basketball SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena

* Please note that a minimum of 3 particpants is required to operate a class.