December 2024



PRO-FIT System

Manager of F&S Fitness Coordinator
Fitness Office KMCSC Front Desk

x8731 x8737 x8747

Fitness Department Program Schedule

Fitness Department Program Schedule					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
Military Swim			Military Lane Swim		Military Lane Swim
0730-0830			Pool		Pool PS - Performance and
Garrison Military PT	Strength	Conditioning	Strength	Conditioning	Recovery
0730-0830	Half Moon South	Half Moon South	Half Moon South	Half Moon South	Room 105
Military Supplementary	Conditioning	Strength	Conditioning	Strength	FORCE Practice
PT	_	_			F11.4.F
0730-0830 Military Drop-In Sports	Combat Corner Boxing Fitness	Cardio Corner	Combat Corner Boxing Fitness	Cardio Corner	FH 4+5
0730-0830	Boxing Corner		Boxing Corner		
Noon Hour Pool	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
1200-1300	Pool	Pool	Pool	Pool	Pool
Noon Hour Fitness 1200-1245	Strength	Conditioning	Strength	Conditioning	
	Half Moon South	Half Moon South	Half Moon South	Half Moon South	Moga
	Moga Room 105		Moga Room 105		Moga CANCELLED
	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
Military Swim			Military Lane Swim		Military Lane Swim
0730-0830			Pool		Pool
Garrison Military PT	Strength	Conditioning	Strength	Conditioning	PS - Performance and
		ŭ			Recovery
0730-0830	Half Moon South	Half Moon South	Half Moon South	Half Moon South	Room 105
Military Supplementary PT	Conditioning	Strength	Conditioning	Strength	FORCE Practice
0730-0830	Combat Corner	Cardio Corner	Combat Corner	Cardio Corner	FH 4+5
Military Drop-In Sports	Boxing Fitness		Boxing Fitness		
0730-0830	Boxing Corner		Boxing Corner		
Noon Hour Pool 1200-1300	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool
1200-1300	Strength	Conditioning	Strength	Conditioning	POOI
Noon Hour Fitness	Half Moon South	Half Moon South	Half Moon South	Half Moon South	
1200-1245	Moga		Moga		Moga
	Room 105		Room 105		CANCELLED
Holiday Schedule (16-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
to 03-Jan) Garrison Military PT					Military Lane Swim
0730-0830	Strength	Conditioning	Strength	Conditioning	Pool
Military Supplementary	Conditioning	Strength	Conditioning	Strength	FORCE Practice
PT	_	_			
0730-0830	Combat Corner	Cardio Corner	Combat Corner	Cardio Corner	FH 4+5
FORCE Testing 0830-1000	FORCE Testing FH 4+5	No FORCE Testing from 17-Dec to 03-Jan			
Noon Hour Pool	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
1200-1300	Pool	Pool	Pool	Pool	Pool
Noon Hour Fitness	Moga	Conditioning	Strength	Conditioning	Moga
1200-1245	Room 105	Half Moon South	Half Moon South	Half Moon South	Room 105
Holiday Schedule (16-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
to 03-Jan) Garrison PT	Strength				Strength
0730-0830	Half Moon South				Half Moon South
Military Supplementary	Conditioning				
PT					
0730-0830	Combat Corner No FORCE Testing from	17 Doc to 02 Jan	FACILITY CLOSED	FACILITY CLOSED	No FORCE Testing
FORCE Testing Noon Hour Pool	Lane Swim	Lane Swim	Christmas Day	Boxing Day	No FORCE Testing
1200-1300	Pool	Pool	- Journal Day	_ 5,, 5 017	
Noon Hour Fitness	Moga	Conditioning			Moga
1200-1245	Room 105	Half Moon South			Room 105
Holiday Schedule (16-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
to 03-Jan) Garrison PT	Strength			Conditioning	Military Lane Swim
0730-0830	Half Moon South			Half Moon South	Pool
Military Supplementary	Conditioning			Strength	FORCE Practice
PT				_	
0730-0830	Combat Corner	17 P 22 :	FACILITY CLOSED	Cardio Corner	FH 4+5
FORCE Testing Noon Hour Pool	No FURCE Testing from	g from 17-Dec to 03-Jan No FORCE Testing from 17-Dec to 03-Jan New Year's Day Lane Swim			
1200-1300			14CW Teal 3 Day		Pool
Noon Hour Fitness	Moga	Conditioning		Conditioning	Moga
1200-1245	Room 105	Half Moon South		Half Moon South	Room 105