

December 2024



PRO-FIT System

Manager of F&S	x8731
Fitness Coordinator	x8737
Fitness Office	x8747
KMCS Front Desk	x8752

Fitness Department Program Schedule

Day	Monday 2-Dec	Tuesday 3-Dec	Wednesday 4-Dec	Thursday 5-Dec	Friday 6-Dec
Military Swim 0730-0830			Military Lane Swim Pool		Military Lane Swim Pool
Garrison Military PT 0730-0830	Strength Half Moon South	Conditioning Half Moon South	Strength Half Moon South	Conditioning Half Moon South	PS - Performance and Recovery Room 105
Military Supplementary PT 0730-0830	Conditioning Combat Corner	Strength Cardio Corner	Conditioning Combat Corner	Strength Cardio Corner	FORCE Practice FH 4+5
Military Drop-In Sports 0730-0830	Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner		
Noon Hour Pool 1200-1300	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool
Noon Hour Fitness 1200-1245	Strength Half Moon South Moga Room 105	Conditioning Half Moon South	Strength Half Moon South Moga Room 105	Conditioning Half Moon South	Mega CANCELLED
	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
Military Swim 0730-0830			Military Lane Swim Pool		Military Lane Swim Pool
Garrison Military PT 0730-0830	Strength Half Moon South	Conditioning Half Moon South	Strength Half Moon South	Conditioning Half Moon South	PS - Performance and Recovery Room 105
Military Supplementary PT 0730-0830	Conditioning Combat Corner	Strength Cardio Corner	Conditioning Combat Corner	Strength Cardio Corner	FORCE Practice FH 4+5
Military Drop-In Sports 0730-0830	Boxing Fitness Boxing Corner		Boxing Fitness Boxing Corner		
Noon Hour Pool 1200-1300	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool
Noon Hour Fitness 1200-1245	Strength Half Moon South Moga Room 105	Conditioning Half Moon South	Strength Half Moon South Moga Room 105	Conditioning Half Moon South	Mega CANCELLED
Holiday Schedule (16-Dec to 03-Jan)	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
Garrison Military PT 0730-0830	Strength	Conditioning	Strength	Conditioning	Military Lane Swim Pool
Military Supplementary PT 0730-0830	Conditioning Combat Corner	Strength Cardio Corner	Conditioning Combat Corner	Strength Cardio Corner	FORCE Practice FH 4+5
FORCE Testing 0830-1000	FORCE Testing FH 4+5	No FORCE Testing from 17-Dec to 03-Jan			
Noon Hour Pool 1200-1300	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool	Lane Swim Pool
Noon Hour Fitness 1200-1245	Moga Room 105	Conditioning Half Moon South	Strength Half Moon South	Conditioning Half Moon South	Moga Room 105
Holiday Schedule (16-Dec to 03-Jan)	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
Garrison PT 0730-0830	Strength Half Moon South				Strength Half Moon South
Military Supplementary PT 0730-0830	Conditioning Combat Corner				
FORCE Testing	No FORCE Testing from 17-Dec to 03-Jan				No FORCE Testing
Noon Hour Pool 1200-1300	Lane Swim Pool	Lane Swim Pool	Christmas Day	Boxing Day	
Noon Hour Fitness 1200-1245	Moga Room 105	Conditioning Half Moon South			Moga Room 105
Holiday Schedule (16-Dec to 03-Jan)	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
Garrison PT 0730-0830	Strength Half Moon South			Conditioning Half Moon South	Military Lane Swim Pool
Military Supplementary PT 0730-0830	Conditioning Combat Corner			Strength Cardio Corner	FORCE Practice FH 4+5
FORCE Testing	No FORCE Testing from 17-Dec to 03-Jan				No FORCE Testing from 17-Dec to 03-Jan
Noon Hour Pool 1200-1300			New Year's Day		Lane Swim Pool
Noon Hour Fitness 1200-1245	Moga Room 105	Conditioning Half Moon South		Conditioning Half Moon South	Moga Room 105