	Contact List:									
A	Noon-Hour Fitness Classes							Community Re Fitness Coordii		x3996
							S			x8737
KINGSTON							5	Fitness Office		x8747
				IANU	ARY 202	5				
Dav	Mo	aday	Tuo	Tuesday Wednesday		Thursday		Fri	dav	
Day Week 1	Monday 6-Jan		7-lan		8-Jan		9-Jan		Friday 10-Jan	
1200-1300	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim	
	Pool		Pool		Pool		Pool		Pool	
	Strength		Conditioning		Strength		Conditioning			
	HMS		HMS		HMS		HMS			
	Moga				Moga				Moga	
	Room 105				Room 105				Room 105	
Military Drop-In Sports	Shinny	Soccer	Basketball	Shinny	Soccer	Shinny	Basketball	Shinny	Soccer	Shinny
1200-1300	Arena	Dome	SAM Gym (2)	Arena	Dome	Arena	SAM Gym (2)	Arena	Dome	Arena
Week 2	13-Jan		14-Jan		15-Jan		16-Jan		17-Jan	
1200-1300	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim	
	Pool		Pool		Pool		Pool		Pool	
	Strength HMS		Conditioning HMS		Strength HMS		Conditioning HMS			
	Moga		HIVIS		Moga				Moga	
	Room 105				Room 105				Room 105	
Military Drop-In Sports	Shinny	Soccer	Basketball	Shinny	Soccer	Shinny	Basketball	Shinny	Soccer	Shinny
1200-1300	Arena	Dome	SAM Gym (2)	Arena	Dome	Arena	SAM Gym (2)	Arena	Dome	Arena
Week 3	20-Jan		21-Jan		22-Jan		23-Jan		24-Jan	
1200-1300	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim	
	Pool		Pool		Pool		Pool		Pool	
	Strength		Conditioning		Strength		Conditioning			
	HMS		HMS		HMS		HMS			
	Moga Room 105				Moga Room 105				Moga	
			Basketball Shinny				Basketball Shinny		Room 105	
Military Drop-In Sports 1200-1300	Shinny Arena	Dome	SAM Gym (2)	Shinny Arena	Dome	Shinny Arena	SAM Gym (2)	Shinny Arena	Soccer Dome	Shinny Arena
Week 4		Jan		Jan		-Jan		Jan		Jan
1200-1300	Lane Swim		Lane Swim		Lane Swim		Lane Swim		Lane Swim	
	Pool		Pool		Pool		Pool		Pool	
	Strength		Conditioning		Strength		Conditioning			
	HMS		HMS		HMS		HMS			
	Moga				Moga				Moga	
	Room 105				Room 105				Room 105	
Military Drop-In Sports	Shinny	Soccer	Basketball	Shinny	Soccer	Shinny	Basketball	Shinny	Soccer	Shinny
1200-1300	Arena	Dome	SAM Gym (2)	Arena	Dome	Arena	SAM Gym (2)	Arena	Dome	Arena

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