



AUGUST 2022



CIVILIAN EMPLOYEE FITNESS PROGRAM

STOUT PFC OFFICE 109
(915) 568-5995

CLASS # 35

FORT BLISS, TEXAS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 BACK PREHAB (TONY) IRONWORKS	2	3 WEIGHTS (DR. BRIGGS/JOHN) IRONWORKS	4	5 TRX (ANDY) STOUT	6
7	8 AGILITY (TONY) IRONWORKS	9	10 WEIGHTS (DR. BRIGGS/JOHN) IRONWORKS	11	12 MOBILITY (ANDY) STOUT	13
14	15 KB (TONY) IRONWORKS	16	17 WEIGHTS (DR. BRIGGS/JOHN) IRONWORKS	18	19 M.E.F. (JOSH) IRONWORKS	20
21	22 BACK PREHAB (TONY) IRONWORKS	23	24 WEIGHTS (DR. BRIGGS/JOHN) IRONWORKS	25	26 GAMEDAY STOUT	27
28	29 M.E.F (TONY) IRONWORKS	30	31 WEIGHTS (DR. BRIGGS/JOHN) IRONWORKS	1 SEP	2 SEP NO CLASS	3 SEP