



NOVEMBER 2024



CIVILIAN EMPLOYEE FITNESS PROGRAM

STOUT PFC OFFICE 109
(915) 568-5995

CLASS #40

FORT BLISS, TEXAS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 27	OCT 28 M.E.F. (DELILAH) IRONWORKS	OCT 29	OCT 30 WEIGHTS (STAFF) IRONWORKS	OCT 31	1 GAMEDAY STOUT PFC	2
	4 TRX/KB (TONY) IRONWORKS	5	6 WEIGHTS (STAFF) IRONWORKS	7	8 FUNCTIONAL FRIDAY (NATALIE) IRONWORKS EAST T2070 ANZIO WAY	9
10	11 NO CLASS	12	13 WEIGHTS (STAFF) IRONWORKS	14	15 INDOOR CYCLING (SONIA) STOUT PFC	16
17	18 BACK PREHAB (TONY) IRONWORKS	19	20 WEIGHTS (STAFF) IRONWORKS	21	22 CONDITIONING (NATALIE) IRONWORKS EAST T2070 ANZIO WAY	23
24	25 CIRCUIT (DELILAH) IRONWORKS	26	27 WEIGHTS (STAFF) IRONWORKS		29 NO CLASS	30