



DECEMBER 2024

CIVILIAN EMPLOYEE FITNESS PROGRAM

STOUT PFC OFFICE 109
(915) 568-5995

CLASS #40

FORT BLISS, TEXAS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 TRX/KB (TONY) IRONWORKS	3	4 WEIGHTS (STAFF) IRONWORKS	5	6 INDOOR CYCLING (SONIA) STOUT PFC	7
8	9 CORE (DELILAH) IRONWORKS	10	11 BOWLING & GIFT EXCHANGE 2949 CARTER RD	12	13 FUNCTIONAL FRIDAY (NATALIE) IRONWORKS EAST T2070 ANZIO WAY	14
15	16 AGILITY (TONY) IRONWORKS	17	18 WEIGHTS (STAFF) IRONWORKS	19	20 CONDITIONING (NATALIE) IRONWORKS EAST T2070 ANZIO WAY	21
22	23 OPEN GYM IRONWORKS OR IRONWORKS EAST	24 		26	27 OPEN GYM IRONWORKS OR IRONWORKS EAST	28
29	30 OPEN GYM IRONWORKS OR IRONWORKS EAST	31 		2 JAN	3 JAN OPEN GYM IRONWORKS OR IRONWORKS EAST	4 JAN