

JBSA-FORT SAM HOUSTON FITNESS CLASSES

JIMMY BROUGHT FITNESS CENTER

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 a.m.		Cycling		Cycling		Cycling	
9:15 a.m.							Cycling*
11:30 a.m.			Yoga		Yoga	Yoga	
5:30 p.m.			Cycling*		Cycling*		

* \$3.00 Fee

Fitness Center on the METC

(210) 808-5709 | 210.808.5713

Monday-Friday | 5:00 a.m. to 9:00 p.m.

Saturday-Sunday | 10 a.m. to 6 p.m.

Federal Holidays | 10 a.m. to 6 p.m.

Jimmy Brought Fitness Center

(210) 221-1234

Monday-Friday | 5 a.m. to 10 p.m.

Saturday-Sunday | 8 a.m. to 4 p.m.

Federal Holidays | 8 a.m. to 4 p.m.

Indoor Pool | Lap Swimming Only

Monday-Friday | 5 a.m. to 8:30 p.m.

Saturday-Sunday | 8 a.m. to 4 p.m.

Federal Holidays | 8 a.m. to 4:00 p.m.

Aquatic Center

(210) 221-4887

Mon. - Fri. | 11:30 a.m. to 6:30 p.m.

Weekends/Holidays | Closed

Lap Swim

Mon., Wed. and Fri. | 5:15-8:30 a.m.

Tuesday and Thursday | 6:30-8:30 a.m.

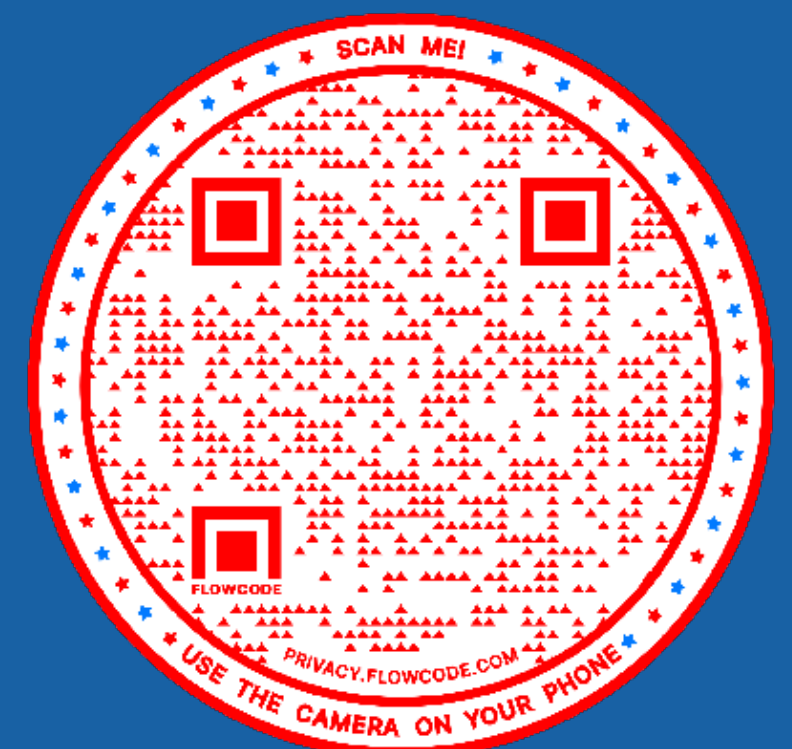
Central Post Fitness Center

(210) 221-3593

Monday-Friday | 5a.m. to 7 p.m.

Weekends/Holidays | Closed

Family Days | 7 a.m. to 3 p.m.



JBSAtoday.com

