



Choctaw Nation Wellness Center

McAlester, OK



Mon	Tue	Wed	Thu	Fri	Sat
<u>Choctaw Strong</u> Room 3 5:00AM-6:00AM 8:00AM-9:00AM 7:00PM-8:00PM	<u>Choctaw Strong</u> Room 3 5:00AM-6:00AM 8:00AM-9:00AM 7:00PM-8:00PM	<u>Choctaw Strong</u> Room 3 5:00AM-6:00AM 8:00AM-9:00AM 7:00PM-8:00PM	<u>Choctaw Strong</u> Room 3 5:00AM-6:00AM 8:00AM-9:00AM 7:00PM-8:00PM	<u>Choctaw Strong</u> Room 3 5:00AM-6:00AM 8:00AM-9:00AM 7:00PM-8:00PM	<u>Pilates</u> Room 1 9:00AM- 10:00AM
<u>ChocFit</u> Room 3 1. INSTRUCTOR: Jeri 6:00AM-7:00AM 2. INSTRUCTOR: Proe 9:00AM-10:00AM 12:00PM-1:00PM 5:00PM-6:00PM 6:00PM-7:00PM	<u>ChocFit</u> Room 3 1. INSTRUCTOR: Jeri 6:00AM-7:00AM 2. INSTRUCTOR: Proe 9:00AM-10:00AM 12:00PM-1:00PM 5:00PM-6:00PM 6:00PM-7:00PM	<u>ChocFit</u> Room 3 1. INSTRUCTOR: Jeri 6:00AM-7:00AM 2. INSTRUCTOR: Proe 9:00AM-10:00AM 12:00PM-1:00PM 5:00PM-6:00PM 6:00PM-7:00PM	<u>ChocFit</u> Room 3 1. INSTRUCTOR: Jeri 6:00AM-7:00AM 2. INSTRUCTOR: Proe 9:00AM-10:00AM 12:00PM-1:00PM 5:00PM-6:00PM 6:00PM-7:00PM	<u>ChocFit</u> Room 3 1. INSTRUCTOR: Jeri 6:00AM-7:00AM 2. INSTRUCTOR: Proe 9:00AM-10:00AM 12:00PM-1:00PM 5:00PM-6:00PM 6:00PM-7:00PM	
	<u>YOGA</u> Room 1 8:00AM-9:00AM	<u>YOGA</u> Room 1 11:30AM-12:30PM	<u>YOGA</u> Room 1 8:00AM-9:00AM	<u>YOGA</u> Room 1 8:00AM-9:00AM	
	<u>HIIT</u> Room 1 10:00AM-11:00AM	<u>Body Shred</u> Room 1 12:30PM-1:30PM	<u>HIIT</u> Room 1 10:00AM-11:00AM	<u>HIIT</u> Room 1 10:00AM-11:00AM	
	<u>Senior Fitness</u> Room 2 11:00AM-12:00PM		<u>Senior Fitness</u> Room 2 11:00AM-12:00PM	<u>Body Shred</u> Room 1 12:30PM-1:30PM	
	<u>Body Shred</u> Room 1 12:30PM-1:30PM		<u>Body Shred</u> Room 1 12:30PM-1:30PM	<u>Spin</u> Room 2 4:30PM-5:30PM	
	<u>Spin</u> Room 2 4:30PM-5:30PM		<u>Pilates</u> Room 1 5:00PM-6:00PM	<u>Kick Boxing</u> Room 2 5:30PM- 6:30PM	
	<u>Pilates</u> Room 1 5:00PM- 6:00PM				
	<u>Kick Boxing</u> Room 2 5:30PM- 6:30PM				