

CLASSES

Monday

0600-0700 F.I.P.
0730-0830 Yoga
0900-1000 Yoga
1300-1400 Yoga
1600-1700 F.I.P.
1745-1815 Pump
1815-1900 Steps

Tuesday

0600-0700 F.I.P.
1100-1200 Spin
1700-1800 F.I.P.
1800-1900 Zumba

Wednesday

0600-0700 F.I.P.
0730-0830 Yoga
0900-1000 Yoga
1300-1400 Yoga
1600-1700 F.I.P.
1745-1815 Pump
1815-1915 Strong by Zumba

Thursday

0600-0700 F.I.P.
1100-1200 Spin
1700-1800 F.I.P.
1800-1900 Spin

Friday

0600-0700 F.I.P.
0730-0830 Yoga
0900-1000 Yoga
1300-1400 Yoga
1600-1700 F.I.P.

Saturday


0915-0945 Steps
1015-1045 Pump



FIND US HERE

 385 Aardvark Avenue, Bldg 2371, MHAFB, Idaho

 Facebook: 366FSSFitnessCenter

 (208)828-2381

GUNFIGHTER
FITNESS CENTER

EVENT CALENDAR 2023



INTRAMURALS

WALK, RUN, SWIM

EVENTS

January

Intramural Basketball Starts
Bowling League

February

Intramural Basketball Ends

March

Intramural Volleyball Starts
Intramural Soccer Starts
Bowling Base Championship

April

Intramural Volleyball Continues
Intramural Soccer Ends

May

Intramural Volleyball Ends
Trap and Skeet League
Golf League

June

Intramural Softball Starts

July

Intramural Softball Continues
Golf Base Championship

August

Intramural Softball Ends

September

Intramural Flag Football Starts

October

Intramural Flag Football

November

Intramural Flag Football Ends

December

Intramural Basketball Starts

January 20 @ 1500 | MLK 5K Run

March 17 @ 1500 | Saint Patrick's Day 5K

April 10 @ 1400 | Family Fun Run 1.5 Mile

April 28 @ 1600 | Color Run w/SAPR 5K

May 5 @ 1200 | Half Marathon 21K

May 8 @ 1630 | Mother's Day 5K

May 12 @ 1000 | Health Expo Fun Run 5K

June 9 @ 1200 | Bike Event 10k

June 16 @ 1000 | Father's Day 5K

July 7 @ 1000 | Swim Event 500m

July 21 @ 1300 | Super Soaker 5k

August 12 @ 0730-1200 | I-Tri at Strike Dam

October 13 @ 1000 | Zombie Run 5k

November 17 @ 1500 | Turkey Trot 5k

December 1 @ 1500 | Ugly Sweater 5K

Dates are subject to change on intramurals, 5K's, and events.

January

3 | Slimpossible Starts
9 | Weight Lifting Competition | 0900 & 1530
13 | Sports Day | 0730-1630

February

13 | Slimpossible Mid Weigh In
15 | Ping Pong Tournament @ 1300
17 | Rock Climbing Competition | 1130-1430
24 | Gunfighter Strong | 1200-1330

March

13 | 3v3 Basketball Tournament | 1130-1330
27 | Slimpossible Final Weigh-In

April

7 | Ultimate Frisbee | 1330-1530

May

12 | Health Expo & Fitness Day | 1000-1530
15 | Police/EMS Event | 1200
26 | Racquetball Tournament | 1500

June

23 | Kickball Tournament | 1330-1530

July

14 | 100m-400m Dash Tournament | 1000
17 | Sports Day | 0730-1630

August

4 | Family Fun Sports Day | 1300-1500
25 | Dodgeball Tournament | 1500

8 | Volleyball Tournament | 1500-1700
15 | UFC Expo @ the Annex | 1300
29 | Wiffleball Tournament | 1500

October

6 | Wallyball Tournament 4v4 | 1500
20 | Firefighter Challenge Course | 1000

November

3 | Bowling Tournament | 1200-1530
27 | Badminton Tournament | 1700

December

8 | Pickleball Tournament | 1600
15 | Family Fun Day | 1200-1700