

GROUP EXERCISE SCHEDULE

MCAS BEAUFORT

MONDAY:

0500-0800

UNIT PT BY REQUEST

1130

OPEN H.I.T.T.

TUESDAY:

0500-0800

UNIT PT BY REQUEST

WEDNESDAY:

0500-0800

UNIT PT BY REQUEST

1130

OPEN H.I.T.T.

THURSDAY:

0500-0800

UNIT PT BY REQUEST

1130

OPEN H.I.T.T.

FRIDAY:

0500-0800

UNIT PT BY REQUEST

1130

OPEN H.I.T.T.

FOR MORE INFORMATION OR TO SET UP ADDITIONAL CLASSES/UNIT PT'S/HITT CONTACT:

EMAIL — SC.FITNESS@USMC-MCCS.ORG

MCAS PHONE — 843-228-7192

For optimum service, requests must be received via email a minimum of 24 hours in advance and are required for groups of 10 to 30+ Marines. Please include unit, POC's phone number, date, time, preferred session format and number of participants. Please allow 2 to 3 business days to receive email confirmation of your request. Requests to reschedule (or cancellations) require notice to jeffrey.d.odom@usmc-mccs.org no later than noon of the prior business day. See our website mccs-sc.com for more information.

Please consult your physician before beginning any exercise program.
Patrons of all ability levels are welcome and encouraged to attend all events. Contact us for assistance.



Disclaimer: No Federal or DoD endorsement implied