

CFT PREP

MCAS HITT FACILITY

1130-1230

EVERY MONDAY, WEDNESDAY, AND FRIDAY
FROM 07 JULY - 26 SEPTEMBER

Download our "MCCS-SC" app
to access the program.



FOR MORE INFORMATION:
sc.fitness@usmc-mccs.org
843.228.7192

FOR ACTIVE DUTY PERSONNEL ONLY



WARRIOR ATHLETE
READINESS & RESILIENCE

MCCS
SEMPER FIT

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