

K-16 SFA CLASS & EVENT

DECEMBER 2025



| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|---|--|---|--|-----|
| | 1 0930-1030 OPEN YOGA 1130-1230 QUARTER DRILL | 2 | 3 0630 Dco, 2-2 A.T.T.A.C(YOGA) 1130-1230 QUARTER DRILL | 4 0630 HHC, 2-2 A.T.T.A.C(YOGA) 0930-1030 OPEN YOGA | 5 | 6 |
| 7 | 8 0930-1030 OPEN YOGA 1130-1230 QUARTER DRILL | 9 0900-1030 Biomechanical Assessment & FMS | 10 0630 Dco, 2-2 A.T.T.A.C(YOGA) 1130-1230 QUARTER DRILL | 11 0630 E co, 2-2 A.T.T.A.C (Circuit tr) 0930-1030 OPEN YOGA | 12 0630 E co, 2-2 A.T.T.A.C (Yoga) 1000 SFA 101(KATUSA) 1130-1230 QUARTER DRILL | 13 |
| 14 | 15 0930-1030 OPEN YOGA 1130-1230 QUARTER DRILL | 16 0630 SFA 101 (Newcomer) | 17 0630 Dco, 2-2 A.T.T.A.C(YOGA) 1130-1230 QUARTER DRILL | 18 0630 HHC, 2-2 A.T.T.A.C(YOGA) 0930-1030 OPEN YOGA | 19 1130-1230 QUARTER DRILL | 20 |
| 21 | 22 | 23 0930-1030 OPEN YOGA | 24 1130-1230 QUARTER DRILL | 25 | 26 | 27 |
| 28 | 29 0930-1030 OPEN YOGA 1130-1230 QUARTER DRILL | 30 | 31 1130-1230 QUARTER DRILL | | | |

A.T.T.A.C (Only By Reservation)

Advanced Tactical Training and conditioning Program is for your unit PT or Individual re-conditioning by Certified Strength and Conditioning coach. Training will focus on a holistic approach teaching and instructing Active Duty Soldiers on the proper posture, increased mobility, energy system development and rehabilitative measures based on H2F.

Quarter Drill (By Reservation)

15 MINUTES
One-on-One coaching for warriors

- Rehab Guidance
- Weightlifting techniques
- Proper use of Gym Equipment
- Personalized Exercise Instruction

OPEN YOGA

It is also essential to loose tension your body and keep breathing deeply with movements in harmony through Asana (yoga movement).
This class open for all community.

Sign up at the front desk day-of K16 GYM Basketball Court.

For more information call, DSN 722-8408 or from Cell 050-3322-8408.

