



HITT

HIGH INTENSITY TACTICAL TRAINING

CLASS

EVERY MONDAY | 11AM - 12PM
WEST GYM, BLDG. 1518



WEEKLY WORKOUT CLASS THAT
EMPHASIZES STRENGTH AND
CONDITIONING.

THIS FULL BODY PROGRESSIVE
PROGRAM IS SUITABLE FOR
EVERYONE.

Class is free and open to all authorized patrons.

WARRIOR ATHLETE
READINESS & RESILIENCE

760.830.3807
29PALMS.USMC-MCCS.ORG

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MARINE CORPS COMMUNITY SERVICES