



**FORT STEWART WARRIOR TRANSITION BATTALION**  
**PHYSICAL THERAPY ADAPTIVE RECONDITIONING CALENDAR**



# July 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3	4	5	6	7	8
	<b>TRAINING HOLIDAY</b>	 <b>Happy 4th of July!</b>	<b>0830-1000:</b> Cycling <b>0900-1000:</b> Cadre Based Gym <b>1000-1100:</b> Aquatics/Pool PT <b>1200-1300:</b> Bible Study <b>1330-1430:</b> WCBB	<b>0900-1000:</b> Cadre Gym Based <b>1200-1300:</b> Bowling <b>1300-1430:</b> Gym Based <b>1330-1430:</b> WCBB <b>1500-1600:</b> Spin <b>1500-1600:</b> Game Group	<b>0830-1000:</b> Cycling <b>0900-1000:</b> Walk/Run Group <b>0900-1000:</b> Cadre Gym Based <b>1000-1100:</b> Aquatics/Pool PT	
9	10	11	12	13	14	15
	<b>0830-1000:</b> Cycling <b>0900-1000:</b> Walk/Run Group <b>0900-1000:</b> Cadre Gym Based <b>1000-1100:</b> Aquatics/Pool PT <b>1330-1430:</b> WCBB <b>1330-1430:</b> Gym Based	<b>0900-1000:</b> Cadre Gym Based <b>0900-1000:</b> Archery/Shooting <b>1200-1300:</b> Bowling <b>1500-1600:</b> Spin <b>1500-1600:</b> Game Group	<b>0730-0810:</b> TRX <b>0830-1000:</b> Cycling <b>0900-1000:</b> Cadre Based Gym <b>1000-1100:</b> Aquatics/Pool PT <b>1200-1300:</b> Bible Study <b>1330-1430:</b> WCBB	<b>0900-1000:</b> Cadre Gym Based <b>1200-1300:</b> Bowling <b>1330-1430:</b> Gym Based <b>1330-1430:</b> WCBB <b>1500-1600:</b> Spin <b>1500-1600:</b> Game Group	<b>0830-1000:</b> Cycling <b>0900-1000:</b> Walk/Run Group <b>0900-1000:</b> Cadre Gym Based <b>1000-1100:</b> Aquatics/Pool PT	
16	17	18	19	20	21	22
	<b>0830-1000:</b> Cycling <b>0900-1000:</b> Walk/Run Group <b>0900-1000:</b> Cadre Gym Based <b>1000-1100:</b> Aquatics/Pool PT <b>1330-1430:</b> WCBB <b>1330-1430:</b> Gym Based	<b>0900-1000:</b> Cadre Gym Based <b>0900-1000:</b> Archery/Shooting <b>1200-1300:</b> Bowling <b>1500-1600:</b> Spin <b>1500-1600:</b> Game Group	<b>0830-1000:</b> Cycling <b>0900-1000:</b> Cadre Based Gym <b>1000-1100:</b> Aquatics/Pool PT <b>1200-1300:</b> Bible Study <b>1300-1400:</b> WCBB	<b>0900-1000:</b> Cadre Gym Based <b>1200-1300:</b> Bowling <b>1330-1430:</b> Gym Based <b>1330-1430:</b> WCBB <b>1500-1600:</b> Spin <b>1500-1600:</b> Game Group	<b>0830-1000:</b> Cycling <b>0900-1000:</b> Walk/Run Group <b>0900-1000:</b> Cadre Gym Based <b>1000-1100:</b> Aquatics/Pool PT	
23	24	25	26	27	28	29
	<b>0830-1000:</b> Cycling <b>0900-1000:</b> Walk/Run Group <b>0900-1000:</b> Cadre Gym Based <b>1000-1100:</b> Aquatics/Pool PT <b>1330-1430:</b> WCBB <b>1330-1430:</b> Gym Based	<b>0900-1000:</b> Cadre Gym Based <b>0900-1000:</b> Archery/Shooting <b>1200-1300:</b> Bowling <b>1500-1600:</b> Spin <b>1500-1600:</b> Game Group	<b>0830-1000:</b> Cycling <b>0900-1000:</b> Cadre Based Gym <b>1000-1100:</b> Aquatics/Pool PT <b>1200-1300:</b> Bible Study <b>1300-1400:</b> WCBB	<b>0900-1000:</b> Cadre Gym Based <b>1200-1300:</b> Bowling <b>1330-1430:</b> Gym Based <b>1330-1430:</b> WCBB <b>1500-1600:</b> Spin <b>1500-1600:</b> Game Group	<b>0830-1000:</b> Cycling <b>0900-1000:</b> Walk/Run Group <b>0900-1000:</b> Cadre Gym Based <b>1000-1100:</b> Aquatics/Pool PT	HOT 100 TUSCALOOSA, AL
30	31					
	<b>0830-1000:</b> Cycling <b>0900-1000:</b> Walk/Run Group <b>0900-1000:</b> Cadre Gym Based <b>1000-1100:</b> Aquatics/Pool PT <b>1330-1430:</b> WCBB <b>1330-1430:</b> Gym Based					

•Pool PT: YMCA in Hinesville •Adaptive/SVB Volleyball: Newman Gym•W/C Basketball: Newman Gym•Yoga: OT Bldg •Strength/Conditioning: Newman Gym•Spin Class: PT BLDG 12718•Outdoor Cycling: Meet at PT BLDG 12718•Archery: Ft. Stewart Archery Range •TRX: PT BLDG 12718