

AIRPOWER IS THE POWER OF AIRMEN

BAGRAM

NEWS EXPRESS

VOL.6 ISSUE 25, JULY 2, 2010

Bagram weather flight has 'critical role' in fight



Tech. Sgt. Richard Kienzle compares a weather model image against a satellite loop to verify future weather patterns at Bagram Airfield, Afghanistan, June 28, 2010. Studying weather patterns helps flight crews successfully launch and complete missions. Sergeant Kienzle is assigned to the 455th Expeditionary Operations Support Squadron Combat Weather Team and a resident of Ewa Beach, Hawaii.

By Tech. Sgt. Drew Nystrom
455th Air Expeditionary
Wing Public Affairs

The 455th Expeditionary Operations Support Squadron's Weather Flight provides timely and accurate weather forecasts to aircrews.

And it's this precision forecasting of weather conditions and trends that allows flight crews to plan critical support missions more effectively, according to Lt. Col. Houston Cantwell, the 455th EOSS commander deployed from Ramstein Air Base, Germany.

Planning

"The weather flight here plays a critical role as we supply the fight because we send aircraft out to do the mission –

See WEATHER, Next

WEATHER, Cont.

whether it's dropping supplies or weapons – we need to be able to plan," Cantwell said. "We have limited air assets here and by accurately knowing what the weather is going to be like in various parts of the country we can optimize the use of airpower and make smarter decisions."

Weather is important to supplying the fight, but is also significant to supporting the fight through close air support, according to Lt. Col. Clinton A. Mixon, the 492nd Fighter Squadron commander.

"Weather is critical to multiple phases of the mission for us," Mixon said.

Weather awareness allows the aircrews to plan out certain aspects of how they fly their formations and actually execute close air support of the warfighter, according to Mixon.

"If an area is covered with clouds we need to know before we take off so it allows us to figure out what we're going to be able to do for the ground commander and pass those words onto him upon initial check-in," he said.

Making a difference

Tech. Sgt. Richard Kienzle, a weather forecaster deployed from Pearl Harbor, Hawaii, is one of the Airmen working hard to provide accurate weather in-

See WEATHER, Next



Tech. Sgt. Richard Kienzle uses a kestrel during a weather survey at Bagram Airfield, Afghanistan, June 28, 2010. A kestrel takes readings on wind speed, air pressure, altitude, and air temperature. Sergeant Kienzle is assigned to the 455th Expeditionary Operations Support Squadron Combat Weather Team and is a resident of Ewa Beach, Hawaii. (U.S. Air Force photo/Staff Sgt. Christopher Boitz)

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WEATHER, Cont.



Tech. Sgt. Richard Kienzle reviews a read out from a tactical mobile observation system at Bagram Airfield, Afghanistan, June 28, 2010. (U.S. Air Force photo/Staff Sgt. Christopher Boitz)

formation.

The aircrews drop off their schedules for the following day and the weathermen start working on them immediately, Kienzle said.

Weather briefings are given in-person or the compiled data can be sent to the flying units.

In both cases, detailed information about flight-level winds and potential hazards like thunderstorms, icing and turbulence are given, he said.

“Winds are big challenge here,” Kienzle said. “Anybody who’s been here for a couple of days can tell you we get 35 to 45 knot winds in the afternoon. That can wreak havoc on supply drops,” he said.

“If they don’t account for it [high winds] at their flight level and the drop gets blown off-target then it makes life on the Soldiers, Sailors, Airmen and Marines at the forward operat-

ing bases that much harder,” Kienzle said. “It means they have to carry all the equipment back to their base that much further.”

Helping make sure drops are delivered precisely where they’re needed isn’t lost on Kienzle.

The Eva Beach, Hawaii, native recognizes his contribution to the overall mission.

“I’ve spoken to a couple of Soldiers who have come through Bagram Airfield,” he said. “The re-supply packages are huge for them. It’s everything from bullets, food, gas to water.

“If the weather sucks and the C-130s can’t go, then they don’t get water,” Kienzle said.

“They don’t get bullets. They don’t get food. Just knowing I’m able to help the aircrews make these drops is a pretty cool feeling.”

In addition to accurate supply drops, weather performs an important role in getting aircraft here off the ground and safely back down, according to Mixon.

“Another key area where weather awareness plays a factor is the actual takeoff and landing at home station,” Mixon said.

“Things that affect us the most here during the summer are the winds,” Mixon said. “

“The way the runway is

oriented leads to a large cross-wind component,” Mixon said. “That can make the takeoffs and landings here extremely hazardous.”

There have been occasions, according to Mixon, when fighter squadrons have coordinated with the weather flight and modified takeoff and landing schedules based on the winds.

Another issue is lightning associated with the summer thunderstorms.

“Lightning is a huge hazard to aircraft,” Mixon said. “If you think about it, it’s loaded with fuel and hanging TNT off the bottom.

“Those two things don’t react well to lightning,” he said. “So they [the weather flight] are critical for letting us know when that has passed and the mission can continue with getting back out there to support the guys on the ground which is our overall number one mission.”



Staff Sgt. Donald Johnson briefs crew members on weather conditions prior to a sortie. Johnson is assigned to the 455th EOSS Combat Weather Team. Sergeant Johnson is a native of Myrtle Beach, S.C. (U.S. Air Force photo/Tech.Sgt. Drew Nystrom)

Servicemember on the Street

How do you feel about serving your country on the 4th of July?



"We're doing something out here that I like to do; it's rewarding to be out here on the 4th of July."

Senior Airman Jose Suarez
455th Expeditionary Security Forces Squadron



"I'm happy to do my part serving my country and protecting people on the other side of the world."

Tech. Sgt. Dennis Escobar
455th Expeditionary Aircraft Maintenance Squadron



"Great, I volunteered for this. It was a great opportunity. I really wanted to get out here; everybody wants to be home with their families, especially around the holidays. But it's something I've always wanted to do ... I feel like I'm contributing."

Capt. Ted Karagias
455th Expeditionary Mission Support Group



"You're a patriot. You're doing your part and it makes that 4th of July stand out more in your heart. It makes you proud."

Senior Airman Daniel Velasquez
455th ESFS



"It's a good feeling. I think back to growing up and I know that I'm doing something different and not everyone gets to do what we are doing. It's life changing."

Airman 1st Class Gisselle Tucker
455th ESFS



"It makes me happy that I'm here at this time of the year, it makes me proud for what I'm doing for my country."

Airman 1st Class Dalton Aguilar
455th ESFS

History Spotlight: The Soviet Years

By: Ms. Ashley Armes, 455th Air Expeditionary Wing Historian

The origin of Bagram Airfield dates to 1976, when engineers from the Soviet Union came to Afghanistan to carve out an airstrip at the junction of the Ghorband and Panjshir valleys.

When complete, the airfield had a 10,000 foot runway capable of handling bomber and large cargo aircraft.

In 1979, as the Soviet-supported government of Afghanistan faced increasing resistance from Pakistan-supported Mujahedeen forces, the Soviet Union decided to take action.

On Christmas Eve, 1979, Soviet airborne forces seized the airfield at Bagram, along with those at Kabul and Kandahar, and began battling the Mujahedeen.

While at Bagram, the Soviets made several improvements to the base. They built three large hangars, a control tower, and

other support buildings and barracks. Although the airfield had a 10,000 foot runway, there was still more than 32 acres of unused ramp space.

By 1989, the Soviets had five aircraft dispersal areas and 110 revetments.

The 368th Assault Aviation Regiment, flying Sukhoi SU-25 (Frogfoot) aircraft, operated out of Bagram Airfield and provided close air support for Soviet and Afghan forces fighting the Mujahedeen.

The airfield also served as a base of operations for incoming troops and supplies, acting as an initial staging point for the invading Soviet forces.

At the time of the initial invasion, the Soviet Union believed the occupation of Afghanistan would be a short-lived military demonstration expressing support of the Soviet-backed Afghan

government.

Unfortunately, the Soviets did not anticipate the determination of the Mujahedeen to resist. After more than a decade of fighting and the deaths of over 15,000 soldiers, the Soviet Union finally withdrew its forces from Afghanistan in Feb. 1989.

After the withdrawal of Soviet forces, the airfield remained abandoned during the subsequent Afghan civil war.

During the 1990s, Afghan factions fought for control of the area. The airfield fell into disrepair, buildings were damaged or neglected, with abandoned aircraft and minefields scattered across the installation.

In late 2001, the arrival of coalition forces at Bagram Airfield launched a new period of rebuilding and unprecedented growth in the airfield's history.



(Above) Destroyed Soviet aircraft at Bagram Airfield, Afghanistan, in 2002.

(Left) The old Soviet control tower in late 2001, days after coalition forces arrived at Bagram Airfield, Afghanistan. (Courtesy Photos)

Legal Spotlight: New legal Web site

By: Master Sgt. Patricia Granan, 455th Air Expeditionary Wing, Legal Office

The next time you're in need of a will, power-of-attorney, or just have a legal question and time is short, check out the new [Air Force Legal Assistance Web Site](#).

The new public Web site is designed for active-duty, Guard and Reserve members, retirees and dependents to access general legal topics and legal worksheets from the comfort of their own homes or deployed locations without a common access card.

The Web site includes resources like:

Legal Topics -- Short papers on common legal assistance topics such as wills and family-law issues. It also contains links to other helpful Web sites and links.

Legal Worksheets -- Access to online questionnaires for wills, living wills, and powers-of-attorney.

After completing the online worksheet, the Web site provides each client a unique "ticket number."

Data entered by clients is secure and may be accessed only after visiting their local legal office and providing their ticket number to legal office personnel. Without the ticket number, the legal office will not have access to the online worksheets.

Online Survey -- Following a visit to the legal office, clients are encouraged to provide feedback concerning the professionalism and helpfulness of our legal professionals.

While the Web site increases convenience for clients, everyone should note the following:

Information on the Web site is for educational and informational purposes only. The Web site can't replace consultation with your local

Judge Advocate General and you should never rely solely on the web site when making decisions.

The Web site is not a substitute for visiting the legal office, but will decrease the amount of time clients spend in the office. Just remember to bring your ticket number. No appointment is necessary.

The Web site is designed for client convenience, but no one is required to use the Web site prior to visiting the legal office.

Take a look at the Web site next time a legal need arises and visit the legal office between 8 a.m. to 6 p.m.

For questions, call the 455th AEW legal office at DSN 431-3251 or come visit our office in the Old Russian Tower on the second floor.



STORY IDEAS
STARTING A NEW MISSION
MEDIA QUESTIONS

Contact your
455th Public Affairs Office
@ DSN 431-2371
or email @
455aew.publicaffairs@bagb.afcent.af.mil

Camp Cunningham Tips of the Week

455th Air Expeditionary Wing Dress and Appearance Standards

PROPER WEAR OF ABU PATROL CAP



*AFI 36 - 2903, DRESS AND PERSONAL APPEARANCE OF AIR FORCE PERSONNEL, Table 2.2.
Men's Battle Dress Uniform, page 56*

Headgear (BDU Cap) Mandatory - ABU rules apply because it is the same style hat

Squarely on the head with no hair protruding in front of the cap; when not being worn, may be stowed in either of the lower cargo pockets on the trousers.

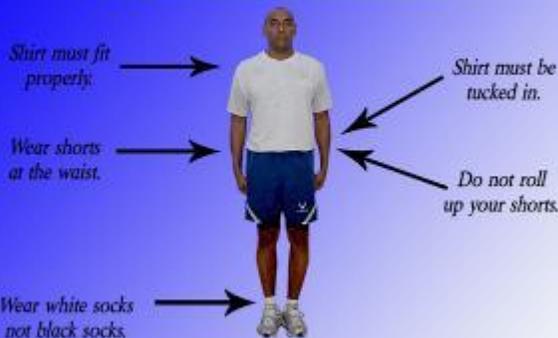
BDU caps required for all deployments, field training, mobility exercises and recalls.

Hat may not be pushed, rolled, folded or tucked in. (e.g.; Ranger Fold) Plain without design.

AFCENTI 36-2903; DRESS AND APPEARANCE OF AIR FORCE PERSONNEL DEPLOYED TO USCENTCOM AOR

3.1.2. ABU caps will not be rolled, tucked or otherwise formed (Ranger Roll and other adjustments are not authorized). Caps will be worn in their natural form.

Bagram Airfield Air Force PT Uniform Standards...



TATTOOS are not to exceed over 1/4 of the exposed body part. Excessive tattoos are required to be removed upon notification of the commander. If you have a tattoo in question seek guidance from your chain of command.



YOU CAN'T RUN FROM THE RULES

SARC FAQs

Sexual Assault Prevention Safety/Risk Reduction Information:

Sexual Assault can occur in any type of relationship, but most perpetrators of sexual assault are known to their victims. Among victims ages 18 to 29, two-thirds had a prior relationship with the offender. The Bureau of Justice Statistics (BJS) reports that, in 2000, 6 in 10 rape or sexual assault victims said that they were assaulted by an intimate partner, relative, friend, or acquaintance. Call the Sexual Assault Response Coordinator (SARC) at 431-4060 or contact via Command Post at 431-4400 for help. Army members should seek assistance with their Unit Victim Advocate (UVA) or D-SARC (Deployed SARC); you may also call 431-4060 or 431-4400 via Command Post for assistance.

Always take a **Wingman**

If you are interested in becoming a Victim Advocate, contact
Maj. Gregory Jones
DSN: 318-431-4060



The Eagle Eyes program is an Air Force anti-terrorism initiative that enlists the eyes and ears of Air Force members and citizens in the war on terror. Eagle Eyes teaches people about the typical activities terrorists engage in to plan their attacks. Armed with this information, anyone can recognize elements of potential terror planning when they see it. You are encouraged to learn the categories of suspicious behavior and stay attuned to your surroundings.



- **Surveillance** – Recording or monitoring of activities
- **Elicitation** – People or organizations attempting to gain information about military operations, capabilities or people.
- **Tests of Security** – Any attempts to measure reaction time to security breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.
- **Acquiring Supplies** – Purchasing or stealing military sensitive equipment (ACOGS, NVGs, AN-PEQ 15), weapons, ammunition, uniforms, passes or badges or any other controlled items.
- **Suspicious Persons** - People who do not belong in the workplace or base.
- **Dry Run** – Putting people into positions and moving them around according to their plan without actually committing the terrorist act.
- **Deploying Assets** – People and supplies getting into position to commit the act.

All Bagram personnel (military and civilian) are vulnerable to exploitation. The Eagle Eyes program relies on everyone to report suspicious activity they observe. If you notice any suspicious activity with an immediate threat, report the incident to the Provost Marshall's office or Security Forces. If the incident is just suspicious, please call AFOSI at 481-8469.

NEWS BRIEFS

NEWCOMERS INPROCESSING: All Air Force members are required to in-process with PERSCO. The in-processing will start your combat pay entitlements. If you have been in the area of responsibility for at least 30 days and you are not receiving combat pay, visit Finance in the crow's nest tower on Camp Cunningham. If you know for a fact that you did not in process with PERSCO, visit PERSCO located in Bldg. 700 near the passenger terminal. Call 431-2070/4409 for more information.

COMBAT O: Combat Orientation is every Friday at 1245Z/0515L at the MWR Clamshell. Uniform is Air Force PT uniform for fitness assessment. This is a mandatory briefing for all Air Force personnel assigned to Bagram Airfield. Accountability is tracked and will be forwarded to the first sergeants.

BAF MAIL:

BAF residents, ensure individuals sending mail have your most current contact information. Ensuring proper postal codes are used alleviates any delays in receiving your mail. Below is the contact information required for individuals to receive mail.

NAME - (Eg. Jane Doe; no rank)

UNIT - (Eg. 455 ECS/SCXK)

Bagram Airfield or BAF

APO AE 09352

CITIZENSHIP FOR MILITARY MEMBERS:

If you are a deployed member of the U.S. Armed Forces and interested in becoming a U.S. citizen, you may be eligible to apply for citizenship under a special provision in the Immigration and Nationality Act. The Combined Joint Task Force 101 legal client service office can assist and conduct naturalization ceremonies on Bagram Airfield in May and November of each year. For any questions or assistance contact the CJTF- 101 legal client service office at 481-8540.

COMBAT STRESS: has two new programs to help servicemembers cope with traumatic events. Trauma Restoration helps individuals overcome stress reactions from traumatic combat and operational events they've experienced, while Trauma Resiliency training helps the individual prepare for successfully performing in a future potentially traumatizing event. Groups are available each week-contact CSC for further information at 431-4639 or view the RC East CSC website at <http://bgrma7afgmedsh1/CSC/default.aspx>.

455th AEW Safety tip of the week

SPEED LIMITS -Eight (8) kilometers per hour (kph)/five (5) miles per hour (mph) when approaching or passing troop formations, in parking lots and troop areas, to include billeting areas, and when driving on Disney Road during physical training (PT) hours with a pass. Twenty-five (25) kph/fifteen (15) mph unless otherwise posted. If you have questions, please contact the Safety Office at 431-4743.

455th AEW Financial Tip of the Week

SDP (Savings Deposit Program) - was established to provide members of the uniformed services serving in combat zones the opportunity to build up their financial savings. Member needs to be in the AOR for at least 30 consecutive days in order to participate in the program. Deposits can be made by allotment, check or Eagle Cash Card. Copy of orders, current Leave and Earnings Statement and Identification Card are required to make a deposit. Deposits may not be less than five dollars and must be in multiples of five dollars. You can only deposit the amount of paychecks you have accrued in the deployed location. Amounts up to 10, 000 dollars may be deposited, earning 10 percent interest per annum (two and one half percent quarterly). Interest will continue to accrue on the account up to 90 days after departure from the combat zone. After that 90 days, interest will stop accruing. You can track/withdraw your SDP via myPay.

455th AEW Policies and Procedures

FLIGHTLINE PHOTOGRAPHY — Personnel on Bagram Airfield are not authorized to take still photography or video imagery on the airfield flight line unless authorized by the 455th Air Expeditionary Wing Public Affairs office and 455th Expeditionary Security Forces Squadron. Images must be used for official use only. Violators of this policy will be detained and possibly taken into custody. Call 455th AEW/PA at 431-2371 for more information.

FORCE

4th of July

COMMANDERS CUP

BBQ

COMPETITION

AT

CAMP CUNNINGHAM



**ALL DAY
CARNIVAL**

3 Point Shootout

Festivities from 1000 to 2100hrs

100 Yard Dash

**STRONGMAN
RELAY**

**GATOR
PARADE**

10 PERSON TRUCK PULL

Evening Fireworks

**DECORATION
CONTEST**

FOR MORE INFO CONTACT
THE VULTURE'S NEST @ 481-6216
THE ROCK @ 431-3585



CAMP CUNNINGHAM

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INCORPORATED**
NO FEDERAL ENDORSEMENT
OF SPONSOR INTENDED



3 JULY, 2010

0600

• THE
MWR CLAMSHELL

FOR MORE INFORMATION CONTACT
THE ROCK FITNESS CENTER
DSN 431-3585

INDEPENDENCE DAY 5K

FORCE

CAMP CUNNINGHAM's



JULY 2010

Recreation Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Vultures Nest 481-6216/447-2221				1 BINGO 0800 <i>Black Jack</i> 1930 HRS TEXAS HOLD 'EM	2 POOL TOURNAY 1500 BINGO 1930 SPADES 2100	3 BINGO 0045 TEXAS HOLD 'EM 1200 TOURNAMENT OF CHAMPIONS 1930 HRS
4 COMMANDERS CUP Karaoke 1900 hrs	5 BINGO 0800 POOL TOURNAY 1500 OMAHA 1930	6 TEXAS Hold'em 0800 & 1930	Trivia Night 1930 hrs Black Jack 2100 hrs	8 BINGO 0800 <i>Black Jack</i> 1930 HRS TEXAS HOLD 'EM	9 BINGO 1930 SPADES 2100	10 BINGO 0045 TEXAS HOLD 'EM 1330 & 1930 HRS
Black Jack 1800 Karaoke 1900 hrs	12 BINGO 0800 OMAHA 1930	13 TEXAS Hold'em 0800 & 1930	Trivia Night 1930 hrs Black Jack 2100 hrs	15 BINGO 0800 <i>Black Jack</i> 1930 HRS TEXAS HOLD 'EM	16 POOL TOURNAY 1500 BINGO 1930 SPADES 2100	17 BINGO 0045 TEXAS HOLD 'EM 1330 & 1930 HRS
Black Jack 1800 Karaoke 1900 hrs	19 BINGO 0800 POOL TOURNAY 1500 OMAHA 1930	20 TEXAS Hold'em 0800 CASINO NIGHT 1930	Trivia Night 1930 hrs Black Jack 2100 hrs	22 BINGO 0800 <i>Black Jack</i> 1930 HRS TEXAS HOLD 'EM	23 BINGO 1930 SPADES 2100	24 BINGO 0045 TEXAS HOLD 'EM 1330 & 1930 HRS
Black Jack 1800 Karaoke 1900 hrs	26 BINGO 0800 OMAHA 1930	27 TEXAS Hold'em 0800 & 1930	Trivia Night 1930 hrs Black Jack 2100 hrs	29 BINGO 0800 <i>Black Jack</i> 1930 HRS TEXAS HOLD 'EM	30 BINGO 1930 SPADES 2100	31 BINGO 0045 TEXAS HOLD 'EM 1330 & 1930 HRS

CAMP CUNNINGHAM's



Fitness Calendar

July 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE ROCK FITNESS CENTER 431-3585				1 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	2 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	3 INDEPENDENCE DAY 5K 0600 AVISAR MOUNTAIN BIKE (BY APPOINTMENT ONLY) 0530/1430/1630 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
4 COMMANDERS CUP 1400 P 90 X 1600 Plyometrics 1830 YOGA 2000 MMA	5 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	6 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	7 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 YOGA 2000 CORE CLASS 2000 MMA	8 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	9 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	10 0530/1430/1630 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
11 1400 P 90 X 1600 Plyometrics 1830 YOGA 2000 MMA	12 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	13 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	14 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 YOGA 2000 CORE CLASS 2000 MMA	15 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	16 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	17 0530/1430/1630 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
18 1400 P 90 X 1600 Plyometrics 1830 YOGA 2000 MMA	19 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	20 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	21 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 YOGA 2000 CORE CLASS 2000 MMA	22 2100	23 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	24 5 ON 5 BASKETBALL 1400 0530/1430/1630 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING
25 1400 P 90 X 1600 Plyometrics 1830 YOGA 2000 MMA	26 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	27 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	28 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 YOGA 2000 CORE CLASS 2000 MMA	29 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING	30 0530/0800/1430/1700 P90 X 1200 ABS WORKOUT 1900 CORE CLASS 2000 MMA	31 0530/1430/1630 P90 X 1200 ABS WORKOUT 1830 YOGA 2000 JIU JITSU 2100 KICKBOXING

THE VULTURE'S NEST

ON CAMP CUNNINGHAM PRESENTS

LESNAR VS CARWIN



AFN|xtra : Sun 7/04/2010 0630 **LIVE**