



# Monthly Class Schedule **DECEMBER 2024**



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0700-0800	NOFFS*	NOFFS*	NOFFS*			
0900 - 1000	Family Fitness - Mat Pilates (No Class 12.16 - 1.2)		Family Fitness - BYOBar (No Class 12.16 - 1.2)		Family Fitness - Boot Camp (No Class 12.16 - 1.2)	
0930 - 1030						Zumba
1000-1100	STRENGTH	STRENGTH		STRENGTH	STRENGTH	
1045-1145						Spin (DEC 7, 21)
1200-1300		HIIT - 30 min (No Class 12.16 - 1.2)		HIIT - 30 min (No Class 12.16 - 1.2)	Yoga - Body Sculpt	Yoga - Restore (DEC 7, 21)
1700 - 1800			Barbell HIIT (No Class 12.16 - 1.2)			
1745 - 1845		Spin (DEC 3, 17)				
1800 - 1900	Zumba		Zumba			
1900 - 2000	Yoga - Beginner	Yoga - Flexibility (DEC 3, 17)				

**Available upon request:**

- 1-on-1 Personal Training or Group Personal Training
- MWR Fitness Specialist led Command PT or FEP
- Deck Plate Command PT

*\*: indicates Active Duty preference*