



Monthly Class Schedule November 2023



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0500 - 0550	Body Bootcamp	Progressive Overload	Body Bootcamp	Progressive Overload		
0700-0800	NOFFS*	Command PT	NOFFS*	Command PT	NOFFS* (Aquatics)	
0900 - 1000	Family Fitness	Intro to Strength	Family Fitness	Intro to Strength	Family Fitness	
0930 - 1030						Zumba
1730 - 1830		BATTLE-STATIONS		BATTLE-STATIONS		
1800 - 1900	Zumba		Zumba			

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*