



Monthly Class Schedule APRIL 2025



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0800-0900	NOFFS*	NOFFS*	NOFFS*			
0900 - 1000	Family Fitness - Mat Pilates		Family Fitness - BYOBar		Family Fitness - Boot Camp	
0930 - 1030						Zumba
1000-1100	STRENGTH	STRENGTH		STRENGTH	STRENGTH	
1045-1145						Spin (APR 5, 19)
1200-1315		<u>HIIT</u> A) 1200-1230 B) 1245-1315		<u>HIIT</u> A) 1200-1230 B) 1245-1315	Yoga - Body Sculpt	Yoga - Flow (APR 5, 19)
1700 - 1800	Yoga - Beginner	Spin	Barbell HIIT			
1800 - 1900	Zumba	Yoga - Restorative	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***