



Monthly Class Schedule APRIL 2024



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0500 - 0600	Body Bootcamp	Progressive Overload	Body Bootcamp	Progressive Overload		
0600-0700	COMMAND PT (upon request)	COMMAND PT (upon request)	COMMAND PT (upon request)	COMMAND PT (upon request)	COMMAND PT (upon request)	
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
1045-1145						Spin
1200-1300		HIIT (12-1230)		HIIT (12-1230)		Yoga - Restore
1730 - 1830		BATTLE-STATIONS				
1745 - 1845		Spin				
1800 - 1900	Zumba		Zumba			
1900 - 2000		Yoga - Vinyasa				
1900-2000	Yoga - Iyengar					

Yoga - Iyengar = Beginner Friendly
Yoga - Vinyasa = Hard, Intense, Challenging
Yoga - Restore = Stretching, Ground-based

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***