



Monthly Class Schedule JANUARY 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 (No Class JAN3)	
0930 - 1030						Zumba
1000-1100	STRENGTH	STRENGTH		STRENGTH (No Class JAN2)	STRENGTH (No Class JAN3)	
1045-1145						Spin (JAN 4, 18)
1200-1300		HIIT - 30 min		HIIT - 30 min (No Class JAN2)	Yoga - Body Sculpt	Yoga - Restore (JAN4, 18)
1700 - 1800		Spin	Barbell HIIT			
1800 - 1900	Zumba	Yoga - Flexibility	Zumba			
1900 - 2000	Yoga - Beginner					

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***