



Monthly Class Schedule NOVEMBER 2024



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0700-0800	NOFFS	NOFFS	NOFFS			
0900 - 1000	Family Fitness (Mat Pilates)	STRENGTH	Family Fitness (BYOBar)	STRENGTH	Family Fitness (Boot Camp)	
0930 - 1030						Zumba
1045-1145						Spin (Nov 2, 16)
1200-1300		HIIT - 30 min		HIIT - 30 min	Yoga - Body Sculpt	Yoga - Restore (Noc 2, 16)
1700 - 1800			Barbell HIIT			
1745 - 1845		Spin				
1800 - 1900	Zumba		Zumba			
1900 - 2000		Yoga - Flexibility				
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***