



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	
0930 - 1030						Zumba
1000-1100	STRENGTH	STRENGTH		STRENGTH	STRENGTH	
1045-1145						Spin (JAN 4, 18)
1200-1315		<u>HIIT</u> A) 1200-1230 B) 1245-1315		<u>HIIT</u> A) 1200-1230 B) 1245-1315	Yoga - Body Sculpt	Yoga - Restore (JAN4, 18)
1700 - 1800		Spin				
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*