



Monthly Class Schedule JULY 2024



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0930 - 1030						Zumba (Sock Hop - July 6 0900-1100)
1045-1145						Spin (July 20th)
1200-1300					Yoga - Body Sculpt	Yoga - Restore (July 6th, 20th)
1700 - 1800	AquaFit (17-1745) Starting July 8th		AquaFit (17-1745)			
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 = Floor 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*