MWR fitness Center

Group Exercise Schedule | JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Boot Camp Conditioning 09:30 - 10:30				**Yoga** 09:30 - 10:30
Yoga 17:00 - 18:00	**Spin** 11:00 - 11:45	**Yoga** 17:00 - 18:00	Mommy & Me **Bootcamp** 10:30 - 11:15	
	Yoga 11:15 - 12:15		**Spin** 11:00 - 11:45	
			Pilates 11:15 - 12:15	
Endurance Ride 17:30 - 18:30	**Warrior** Workout 17:00 - 17:45	**Endurance** Ride 17:30 - 18:30	**Warrior** Workout 17:00 - 17:45	

MWR MORALE, WELFARE AND RECREATION NAVAL STATION ROTA, SPAIN

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