GROUP EXERCISE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOFFS 7-8 a.m.		**NOFFS** 7-8 a.m.		**NOFFS** 7-8 a.m.	
BEATS & BURNS 9:30 a.m.-10:30 a.m.	**ENERGY BLAST HIIT** 9:15 -10 a.m.	**BEATS & BURNS** 9:30 a.m.-10:30 a.m.	**ENERGY BLAST HIIT** 9:15-10 a.m.	**BEATS & BURNS** 9:30 a.m.-10:30 a.m.	**ZUMBA** 9 a.m.-10 a.m.
	ZUMBA 10.-11 a.m.		**ZUMBA** 10.-11 a.m.		**DYNAMIC YOGA FLOW** 10:15 a.m.-11:15 a.m.
MOMMY MADNESS 10:45 a.m.-11:45 a.m.		**MOMMY MADNESS** 10:45 a.m.-11:45 a.m.		**MOMMY MADNESS** 10:45 a.m.-11:45 a.m.	
MOBILITY CLASS 11 a.m.-Noon	**YOGACORE** 11 a.m.-Noon	**MOBILITY CLASS** 11 a.m.-Noon	**YOGACORE** 11 a.m.-Noon		
CIRCUIT TRAINING 4:45 p.m.-5:45 p.m.	**SPIN** 4:45 -5:30 p.m.	**CIRCUIT TRAINING** 4:45 p.m.-5:45 p.m.	**SPIN** 4:45 -5:30 p.m.		
DYNAMIC YOGA FLOW 5:45-6:30 p.m.	**SLOW FLOW YOGA** 5:45 .-6:30 p.m.	**DYNAMIC YOGA FLOW** 5:45-6:30 p.m.	**SLOW FLOW YOGA** 5:45 .-6:30 p.m.		

***Group Exercise Classes** are currently being held in the Aerobics Room.
Location is based on class, instructor, and elements/weather. If you are unsure of the location for a specific class, please stop by the front desk inside the Fitness Center, and a staff member will assist you.

****Classes will not be held on American Holidays***



NAVAL STATION ROTA, SPAIN

For more information, please call **MWR Fitness Center at 956-82-2565 or DSN 727-2565**

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