

GROUP EXERCISE SCHEDULE



MONDAY

7:00-8:00
NOFFS

9:30-10:30
BEATS & BURNS

10:45-11:45
MOMMY MADNESS

11:00-12:00
MOBILITY CLASS

16:45-17:45
CIRCUIT TRAINING

18:00-19:00
DYNAMIC YOGA
FLOW

TUESDAY

9:15-10:00
ENERGY BLAST HIIT

10:00-11:00
ZUMBA

11:00-12:00
YOGACORE

16:45-17:30
SPIN

17:45-18:30
SLOW FLOW YOGA

WEDNESDAY

7:00-8:00
NOFFS

9:30-10:30
BEATS & BURNS

10:45-11:45
MOMMY MADNESS

11:00-12:00
MOBILITY CLASS

16:45-17:45
CIRCUIT TRAINING

18:00-19:00
DYNAMIC YOGA
FLOW

THURSDAY

9:15-10:00
ENERGY BLAST HIIT

10:00-11:00
ZUMBA

11:00-12:00
YOGACORE

16:45-17:30
SPIN

17:45-18:30
SLOW FLOW YOGA

FRIDAY

7:00-8:00
NOFFS

9:30-10:30
BEATS & BURNS

10:45-11:45
MOMMY MADNESS

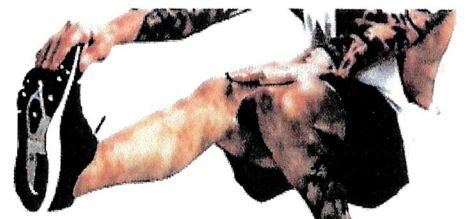
SATURDAY

9:00-10:00
ZUMBA

10:15-11:15
DYNAMIC YOGA
FLOW

*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



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

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