

NAVAL BASE SAN DIEGO



2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

0530 <i>Core Power</i> (OG)	0930 <i>Aqua Fit (Deep)</i> (FHP)		0930 <i>Aqua Grind (Shallow)</i> (FHP)	0915 <i>HIIT</i> (TWR)
1100 <i>HIIT</i> (MU)	1200 <i>WOD</i> (TWR)	1100 <i>HIIT</i> (MU)	1200 <i>WOD</i> (TWR)	1100 <i>Bootcamp</i> (OG)
1200 <i>WOD</i> (TWR)	1230 <i>NOFFS REGEN</i> (TWR)	1200 <i>POWER CYCLE</i> (TWR)	1230 <i>NOFFS REGEN</i> (TWR)	1200 <i>WOD</i> (TWR)
1530 <i>Sculpt & Sweat</i> (TWR)		1530 <i>YOGA FIT</i> (TWR)	1530 <i>HIIT</i> (TWR)	
	1700 <i>Sweat & Burn</i> (TWR)	1700 <i>BodyWeight Burn</i> (TWR)	1700 <i>Tone & Sculpt</i> (TWR)	

SATURDAY

1100
Sweat & Burn
(TWR)

GROUP X FITNESS SCHEDULE



1ST QUARTER • OCTOBER-DECEMBER 2026

AQUA FIT (DEEP)

Deep-water fitness using floatation belts and aqua dumbbells to improve strength, endurance and cardiovascular fitness.

AQUA GRIND (SHALLOW)

Build strength, endurance, and mobility through a NOFFS-inspired shallow-water workout that challenges the body while minimizing stress on the joints.

BODY WEIGHT BURN

Challenge your body through calisthenics, bodyweight exercises, and TRX suspension training in this full-body workout designed to build strength, stability and muscular endurance.

BOOTCAMP

From station to station, you'll tackle a mix of strength, conditioning, and functional fitness exercises designed to challenge your entire body.

CORE POWER

Focus on core stability, endurance and pushing/pulling techniques.

HIIT

Full-body movements, alternating between high- and low-intensity exercises.

NOFFS REGEN

30 minutes of guided recovery using stretch straps, foam rollers, and massage balls to improve mobility, flexibility and recovery.

POWER CYCLE

An express indoor cycling class featuring energizing intervals and burst of speed to improve cardiovascular endurance, increase calorie burn, and maximize results in just 30 minutes.

SCULPT & SWEAT

Strength meets cardio in this full-body circuit workout designed to build lean muscle, boost endurance, and improve overall fitness.

SWEAT & BURN

Cardio-based workout using explosive movements.

WOD (Workout of the Day)

Build for tactical readiness, this high-intensity class develops strength, endurance, and work capacity through functional training with dumbbells, kettlebells, rowers, assault bikes, plyo boxes and more.

YOGA FIT

A YogaFit Vinyasa Class that improves strength, mobility, balance, and flexibility through continuous movement and breath.



CALL OR STOP BY OUR FITNESS CENTERS TO SIGN-UP TODAY!

TWR Tactical Warfighter Readiness Center Bldg 3417

OG Olde Gym Bldg 223

FHP Field House Pool Bldg 3279

MU Mussels Downtown Bldg 750

COMMAND PT

Available by appointment only.

To schedule a session, email:

derek.j.seiler.naf@us.navy.mil
619-556-7897 (Adm. Prout Gym)

zane.h.zimmermann.naf@us.navy.mil
619-556-9509 (Olde Gym)

