

NAVAL BASE POINT LOMA

GROUP EXERCISE CLASS SCHEDULE

Classes subject to change.
classes on Federal Holidays.
www.navylifesw.com

No



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Subase & Harbor Drive	Subase & Harbor Drive	Subase & Harbor Drive	Subase & Harbor Drive	Subase & Harbor Drive
Command PT - NOFFS 6:30AM-7:30AM	Command PT - SPIN 6:30AM-7:30AM	Command PT - NOFFS 6:30AM-7:30AM	Command PT - NOFFS 6:30AM-7:30AM	Command PT - NOFFS 6:30AM-7:30AM
Subase	Subase	Subase	Subase	Subase
	ROCK X 11: 30AM-12:30PM	C.O.D 11: M-12:30PM ZUMBA 3:00PM-4:00PM	SPIN 11: 30AM-12:30PM	
Harbor Drive	Harbor Drive	Harbor Drive	Harbor Drive	Harbor Drive
	YOGA 4:30PM-5:30PM HITT 6: 00AM-7:00AM	ROCK X 6: 00AM-7:00AM	C.O.D 11: 30AM-12:30PM	
3rd Fleet	3rd Fleet	3rd Fleet	3rd Fleet	
YOGA 11: 30AM-12:30PM	C.O.D 11: 30AM-12:30PM		TRX 11: 30AM-12:30PM	

C.O.D: Challenge of the Day. Combines strength training followed by a circuit portion.

Command PT: Navy Operational Fitness and Fueling System (NOFFS) centric workout based on "world-class" science methodologies designed for our Active Duty sailors. Stay in shape, meet physical readiness standards and improve PRT scores.

HIIT: (High Intensity Interval Training) Cardio plus strength and mobility using kettlebells, ropes, sandbags, and more.

Rock X: Combination of Kettlebell and TRX to provide a full body workout.

TRX: Total Body Resistance Exercise. A functional strength training class using your body weight and gravity as resistance to build strength, balance, coordination, flexibility, core and joint stability.

Yoga: Yoga based stretching to help relieve stress, improve strength, flexibility, core stability, and mental focus.

Zumba: Energetic interval workout that moves between high and low intensity dance and fitness moves designed to get your heart rate up and boost cardio endurance.

SUBASE FITNESS CENTER

Bldg. 1
619-553-7552

HARBOR DRIVE FITNESS CENTER

Bldg. 30
619-524-4833

THIRD FLEET FITNESS CENTER

Bldg. 69
619-553-8525