

NAVAL BASE POINT LOMA

GROUP EXERCISE CLASS SCHEDULE

Classes subject to change.
No classes on Federal Holidays.
www.navylifefsw.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 & Harbor Drive	Subase & Harbor Drive	Subase & Harbor Drive	Subase & Harbor Drive	Subase & Harbor Drive
Strength Training 11:30AM-12:30PM	Yoga 11:30AM-12:30PM	C.O.D 11:30AM-12:30PM		
Harbor Drive	Subase	Subase	Harbor Drive	
	C.O.D 11:30AM-12:30PM			
	3rd Fleet			

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.

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

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

Strength Training: Improve your muscular fitness with 3 fundamental lifts: Deadlift, Bench Press, and Hip Thrust.

This class explores variations of these lifts each week to help you meet your physical fitness goals.

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

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