

NAVAL BASE POINT LOMA



FITNESS & SPORTS EVENTS CALENDAR

HARBOR DRIVE ANNEX

JANUARY-MARCH 2025

JANUARY

Dodgeball Tournament
COED Basketball League
Max Lift Monday – Squats
NOFFS Short Course
Polar Bear Splash in Dash

January 18 - 9 am-2 pm
January 22 - 9 am-1 pm
January 27 - 9 am-1 pm
January 30 - 8 am-4 pm
January 31 - 11 am
Makeup dates: February 7 & 16

Gym, Bldg. 42
Gym, Bldg. 42
NBPL Fitness Centers
Fitness Center, Bldg. 30
Smuggler's Cove Bay

FEBRUARY

Women's 4 on 4 Volleyball League
Heartbreak Hill Challenge
Basketball Skills Challenge
Max Lift Monday – Beach Press

February 6 - 11:30 am
February 14 - 8-11 am
February 20 - 9-11 am
February 24 - 9 am-1 pm

Harbor Drive Annex Gym, Bldg. 42
Commander 3rd Fleet
Harbor Drive Annex Gym, Bldg. 42
NBPL Fitness Centers

MARCH

CFL Certification Course
Football Combine Challenge
Press Your Luck Bench Press
NOFFS Short Course
Max Lift Monday – Bench Press
Navy Mission Nutrition

March 3-7 - 7am-4 pm
March 7 - 4 am-1 pm
March 17 - 11 am-1 pm
March 20 - 8 am-4 pm
March 24 - 9 am-1 pm
March 27 - 8 am-4 pm

NBC VADM Martin Fitness, Bldg. 1507
Harbor Drive Annex, Softball Field
Fitness Center, Bldg. 30
Fitness Center, Bldg. 30
NBPL Fitness Centers
Location TBD



24/7
**MISSION READY
FITNESS:**
VALID CAC CARD REQUIRED

Primary fitness centers are
operating 24/7.
For detailed information, please visit
your specific locations.


navylifefsw.com





Fitness/Sports info: **619-524-4833**
@NavyLifeNBPL | pointloma.navylifefsw.com

