

NAVAL BASE SAN DIEGO

GROUP X SCHEDULE



2ND Quarter • JAN – MAR 2026

MONDAYS

1100 Core Power (HS)
1100 HIIT (MU)
1200 WOD (TWR)
1530 Sculpt & Sweat (TWR)

TUESDAYS

0930 NOFFS Aquatics (FHP)
1000 HIIT (HS)
1200 WOD (TWR)
1700 Sweat & Burn (TWR)

WEDNESDAYS

1100 Core Power (HS)
1100 HIIT (MU)
1100 Spin (OG)
1600 Yoga (TWR)

THURSDAYS

1000 HIIT (HS)
1200 WOD (TWR)
1530 Boot Camp (TWR)
1700 Sweat & Burn (TWR)

FRIDAYS

0915 HIIT (TWR)
1100 Boot Camp (OG)
1200 WOD (TWR)

SATURDAYS

1100 Sweat & Burn (TWR)

Command PT and FEP Appointments

derek.j.seiler.naf@us.navy.mil, 619-556-7897 (Admiral Prout)
zane.h.zimmermann.naf@us.navy.mil, 619-556-9509 (Olde Gym)
eric.l.littman.naf@us.navy.mil, 619-767-6417 (Harborside)



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Boot Camp: Tabata-inspired workout stations blending strength, plyometrics and cardio

Command PT: Schedule an appointment for your command for any class type you desire

Core Power: Focus on core stability, endurance & pushing/pulling techniques

Dance Cardio: Dance incorporated into fitness with fun music & energized instructors

HIIT: Full-body movements, alternating high and low intensity exercises

NOFFS Aquatics: Build your muscles in the pool and get a great workout (Shallow end)

Pound: Grab the drum sticks & turn on the music. Workout while having lots of fun

Sculpt & Sweat: Strength meets cardio with added TRX and core work

Spin: High Intensity cardio, low impact workout with motivating instructors and music

Sweat & Burn: Cardio Based workout using explosive exercises

Workout of the Day (WOD): Variety of exercises focusing on total-body strength training

Yoga: Promote relaxation & recovery with gentle stretches & breathing

TWR = Tactical Warfighter Readiness Center Bldg 3417

HS = Harborside Gym Bldg 3477

OG = Olde Gym Bldg 223

FHP = Field House Pool Bldg 3279

MU = Mussels Downtown Bldg 750

