

NAVAL BASE SAN DIEGO

# GROUP X SCHEDULE



4<sup>th</sup> Quarter • July – Sept 2025

## MONDAYS

0600 Boot Camp (OG)  
1100 Core Power (HS)  
1100 Regen/Yoga (MU)  
1200 WOD (FS)  
1500 Yoga (FS)  
1630 Spin (FS)

## THURSDAYS

1000 HIIT (HS)  
1100 Yoga (FS)  
1200 WOD (FS)  
1530 Full Body Circuit (FS)  
1700 Sweat & Burn (FS)  
1800 Spin (OG)

## TUESDAYS

0930 NOFFS Aquatics (FHP)  
1000 HIIT (HS)  
1200 WOD (FS)  
1700 Sweat & Burn (FS)  
1800 Dance Cardio (FS)

## FRIDAYS

0915 Yoga (FS)  
1100 Boot Camp (OG)  
1200 WOD (FS)

## WEDNESDAYS

0700 Spin (FS)  
1100 Core Power (HS)  
1100 HIIT (MU)  
1600 Yoga (FS)  
1800 Pound (FS)

## SATURDAYS

1100 Sweat & Burn (FS)

## Command PT Appointments

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



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**Boot Camp:** Work hard with kettle bells, bands, TRX, weights & more

**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

**Full Body Circuit:** Total body movements pushing, pulling, lifting, and carrying

**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

**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/Regeneration:** Promote relaxation & recovery with gentle stretches & breathing

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FS = Fitness Station Bldg 3417

FHP = Field House Pool Bldg 3279

HS = Harborside Gym Bldg 3477

MU = Mussels Downtown Bldg 750

OG = Olde Gym Bldg 223