

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)
1800 Dance Cardio (TWR)

WEDNESDAYS

1100 Core Power (HS)
1100 HIIT (MU)
1100 Spin (OG)
1600 Yoga (TWR)
1800 Pound (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

