

NAVAL BASE SAN DIEGO



GROUP X SCHEDULE

2nd Quarter • January – March 2025

MONDAY

0700 Command Class (FS by apt)
0800 Command HIIT (FS by apt)
1100 Core Power (HS)
1100 1st & 3rd Strength (Mussels)
1100 2nd & 4th Yoga (Mussels)
1200 Workout of the Day (FS)
1530 Full Body Circuit (FS)
1530 Back To Basics (HS)
1630 Spin (FS starting 03 March)

THURSDAY

0930 Aquafit (FHP)
1200 Workout of the Day (FS)
1000 HIIT (HS)
1100 Yoga (FS)
1300 Command Class (FS by apt)
1400 Command PRT PREP NOFFS (FS by apt)
1530 Yoga (FS)
1600 Mobility & Regeneration Class (HS)
1700 Sweat & Burn (FS)

TUESDAY

0700 Command Class (FS by apt)
0800 Command HIIT (FS by apt)
0930 Aqua Strength (FHP)
0930 Full Body Circuit (FS)
1200 Workout Of The Day (FS)
1000 HIIT (HS)
1400 Command PRT PREP NOFFS (FS by apt)
1600 Mobility & Regeneration Class (HS)
1700 Sweat & Burn (FS)
1800 Dance Cardio (FS)

FRIDAY

0700 Command HIIT (FS by apt)
0830 Command HIIT (FS by apt)
0915 Yoga (FS)
1200 Workout of the Day (FS)

WEDNESDAY

0700 Command FEP (FS by apt)
0800 Command HIIT (FS by apt)
1100 Core Power (HS)
1100 Total Body Blast (FS)
1300 Command Class (FS by apt)
1530 Boot Camp (FS)
1530 Back To Basics (HS)
1800 Pound (FS)

SATURDAY

1000 Zumba odd weeks (FS)
1100 Sweat & Burn (FS)

FS = Fitness Station bldg. 3417
HS = Harborside bldg. 3477
Mussels – Downtown bldg. 750

NZ = NOFFS zone bldg. 3279
FHP – Prout Pool bldg. 3279

Maria.a.reiff.civ@us.navy.mil to schedule apts.

Navylifesw.com Schedules online



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Spin: High intensity cardio low impact workout with super motivating instructors & music.

Workout of the Day: Variety of exercises focusing on total-body strength training & metabolic (cardio) conditioning.

Sweat & Burn: 45 minute cardio based workout using explosive exercises combining low & high intensity.

Command PRT Prep: Make an appointment for your command & we'll help everyone ready for the next PRT.

TRX Plus: Interval workout which maximizes overall performance utilizing TRX trainer, kettle bells, sandbags & more.

Dance Cardio: A whole lot of dance into fitness with fun music & energized instructors.

Pound: Grab the drum sticks & turn on the music. Get the workout while having tons of fun.

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

Zumba: Spice it up a bit with high energy music, energized instructor and a whole bunch of dancing. Get fit while you dance.

Yoga: Use physical postures, breathing exercises and meditation to improve overall health connecting body, breath & mind.

Total Body Blast: A total body workout to strengthen and improve all major muscle groups and energy systems.

Back To Basics: Focuses on core stability & endurance, pushing/pulling technique and soft tissue.

Mobility & Regeneration: Give those muscles a chance to recover. Learn trigger point & flexibility techniques.

Aquafit: Put on your swim suit & get in the pool for an amazing whole body workout in the water.

Aqua Strength: Come build your muscles up in a pool. Yep it's possible and you'll get a GREAT workout too.

FS = Fitness Station bldg. 3417

HS = Harborside bldg. 3477

OG = Olde Gym bldg. 223

NZ = NOFFS zone bldg. 3279

FHP – Prout Pool bldg. 3279

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