



**MONDAY**

0730 Command HIIT (FS by apt)  
0830 Command HIIT (FS by apt)  
1100 Workout of the Day (FS)  
1100 HIIT Circuit (OG)  
1130 PRT PREP (HS)  
1200 Lower-Body Lift (HS)  
1530 TRX Plus (NZ)

**TUESDAY**

0730 Command HIIT (FS by apt)  
0830 Command HIIT (FS by apt)  
1100 Spin (OG)  
1100 Workout of the Day (FS)  
1130 HIIT (HS)  
1200 Upper-Body Lift (HS)  
1400 Command PRT PREP (FS by apt)  
1800 Zumba (FS)

**WEDNESDAY**

0630 Spin (FS)  
0845 Yoga (FS)  
1100 Workout of the Day (FS)  
1100 HIIT Circuit (OG)  
1130 NOFFS Stretch & Regen (HS)  
1200 Core & Cardio (HS)  
1530 HIIT (NZ)  
1800 Pound (FS)

**THURSDAY**

1100 Spin (OG)  
1100 Workout of the Day (FS)  
1200 Kettlebell Connection (HS)  
1400 Command PRT PREP (FS by apt)

**FRIDAY**

0730 Command HIIT (FS by apt)  
0830 Command HIIT (FS by apt)  
1100 Workout of the Day (FS)  
1530 TRX Plus (NZ)

**SATURDAY**

0930 Kickboxing (FS)  
1100 Body Sculpt (FS)

FS = Fitness Station bldg. 3317  
HS = Harborside bldg. 3477  
OG = Olde Gym bldg. 223

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

[Maria.reiff@navy.mil](mailto:Maria.reiff@navy.mil) to schedule appts.

[www.navylifesw.com](http://www.navylifesw.com) Schedules on line