



MARCH 2026

# GROUP FITNESS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
		7:00–7:50 A.M. Warrior		7:00–7:50 A.M. Spin and Strength		
	8:30–9:20 A.M. NOFFS Aquatics	8:30–9:20 A.M. Silver Dumbbells	8:30–9:20 A.M. NOFFS Aquatics	8:30–9:20 A.M. Silver Dumbbells	8:30–9:00 A.M. NOFFS Aquatics	9:00–9:50 A.M.
9:00–9:50 A.M. Yoga	9:00–9:50 A.M. Fit and Fun PE		9:00–9:50 A.M. Fit and Fun PE		9:00–9:50 A.M. Pilates	9:00–9:50 A.M. Warrior
	10:15–11:10 A.M. Spin and Strength	10:15–11:10 A.M. Pump	10:15–11:10 A.M. Yoga	10:15–11:10 A.M. Pump	10:15–11:10 A.M. Cardio Kickboxing	
	11:30–12:20 P.M. Barre	11:30–12:00 P.M. Core and Abs	11:30–12:20 P.M. Spin	11:30–12:20 P.M. Warrior		
		3:30–4:20 P.M. Self Defense	3:30–4:20 P.M. Yoga	3:30–4:20 P.M. Barre		
	5:00–5:50 P.M. Spin and Strength	5:00–5:50 P.M. Pilates	5:00–5:50 P.M. Pump			

Events:

- 6 Mar 0700– NOFFS Sandbag
- 21 Mar 1000– Rowing Clinic
- 27 Mar 0700– Mission Nutrition

Facility Open 24/7  
 Manned Hours of Operation  
 Monday–Friday: 5 a.m.-8 p.m.  
 Saturday/Sunday/Holiday: 8:30 a.m.-4



**MORE EVENTS**  
 SCAN TO VISIT THE WEBSITE



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**Active Duty Priority**

# GROUP FITNESS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	7:00–7:50 A.M. Trainer Lead PT	7:00–7:50 A.M. Warrior	7:00–7:50 A.M. Trainer Lead PT	7:00–7:50 A.M. Spin and Strength	7:00–7:50 A.M. Trainer Lead PT	
9:00–9:50 A.M. Yoga						9:00–9:50 A.M. Warrior
		11:30–12:00 P.M. Core and Abs	11:30–12:20 P.M. Spin	11:30–12:20 P.M. Warrior		
		2:00–2:50 P.M. Trainer Lead PT		2:00–2:50 P.M. Trainer Lead PT		
			3:30–4:20 P.M. Yoga			
	5:00–5:50 P.M. Spin and Strength	5:00–5:50 P.M. Pilates	5:00–5:50 P.M. Pump			

Trainer Lead PT is an open class by the fitness staff that is made to help commands with PT and FEP. These are drop in based and will be different styles depending on the number in attendance.

**Facility Open 24/7**  
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 Saturday/Sunday/Holiday: 8:30 a.m.-



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