NAVAL AMPHIBIOUS BASE

GROUP EXERCISE SCHEDULE: JULY

MWR FITNESS

- Find out what events and activities are occuring within the San Diego metro area at: www.NavyLifeSW.com
- Follow us on Instagram and Facebook @NavyLifeNBC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 - 8:30 Command PT (APPT. ONLY)		6:30 - 8:30 Command PT (APPT. ONLY)		6:30 - 8:30 Command PT (APPT. ONLY)
9:00-1000 Body Blast		9:00 - 10:00 Body Blast		9:00 - 10:00 Body Blast
11:15 - 12:15 SPIN	1100-1200 Warrior Fitness	11:00- 1200 TRX Suspension Training	1100-1200 Warrior Fitness	11:00- 12:00 Challenge Of The Day
1:00-1:45 Fitness Conditioning	1:00-1:45 Fitness Conditioning	1:00-1:45 Fitness Conditioning	1:00-1:45 Fitness Conditioning	
4:30-5:30 Circuit Training	4:30-5:30 Yoga	4:30-5:30 Circuit Training	4:30-5:30 Yoga	

Peak Performance Fitness Center: Bldg. 170, 619-437-2984 • www.navylifesw.com

Monday-Friday: 0500-2000 • Saturday 0800-1400, Sunday: CLOSED, Holidays: 0800-1400

Classes subject to change, call to confirm.

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