



GROUP FITNESS SCHEDULE

TUESDAY

11:15am - 12:15pm

NOFFS

ROBBY (NOFFS ZONE)

11:15am - 11:45am

AB BLAST

SERRA (RB COURT B)

11:45am - 12:45pm

YOGA

SERRA (RB COURT B)

4:15pm - 5:15pm

VINYASA FLOW YOGA

DONNA (RB COURT B)

WEDNESDAY

9:00am - 10:00am

YIN YOGA

DONNA (RB COURT B)

11:15AM - 12:15PM

CARDIO FUSION

SERRA (GYMNASIUM)

THURSDAY

11:15am - 12:15pm

NOFFS

COLE (NOFFS ZONE)

11:15am - 11:45am

AB BLAST

SERRA (RB COURT B)

11:45am - 12:45pm

YOGA

SERRA (RB COURT B)

4:30pm - 5:30pm

SPIN 30/30

SYLVIA (GYMNASIUM)

FRIDAY

11:15AM - 12:15PM

CARDIO FUSION

SERRA (GYMNASIUM)

No additional charge for MWR Group Fitness Classes if you have MWR Gym Access.

Guests will be charged \$5 fee at the front desk. **Credit Card ONLY*

NO CLASSES ON HOLIDAYS