




GROUP FITNESS SCHEDULE

SUPPORT SITE FITNESS FORUM				
Monday	Tuesday	Wednesday	Thursday	Friday
6-7 a.m. Command NOFFS PT by appointment	5:45-6:30 a.m. Express Cycling	6-7 a.m. Command NOFFS PT by appointment	5:45-6:30 a.m. Express Cycling	6-7 a.m. Command NOFFS PT by appointment
8:30-9:30 a.m. Fit Box with Vicky	8:30-9:30 a.m. Total Body Pump with Beth	8:30-9:30 a.m. Indoor Cycling with Vicky	8:30-9:30 a.m. Total Body Pump with Beth	8:30-9:30 a.m. Fit Box with Vicky
10-11 a.m. Barre with Amelia 10-11 a.m. Family Fitness Boot Camp with Vicky	11:30 a.m.-12:30 p.m. Indoor Cycling	10-11 a.m. Family Fitness Boot Camp with Vicky 10-11 a.m. Yoga with Krysia	10-11 a.m. Pilates with Emilia	10-11 a.m. Zumba with Amelia 10-11 a.m. Yoga with Krysia
11:30 a.m.-12:30 p.m. Fit Pump with Amelia	11:30 a.m.-12:30 p.m. Yoga with Wendy	11:30 a.m.-12:30 p.m. Fit Pump with Amelia	11:30 a.m.-12:30 p.m. HIIT with Beth	11:30 a.m.-12:30 p.m. Functional Fitness with Vicky
5-6 p.m. Indoor Cycling 6-7 p.m. Zumba with Amelia	5-6 p.m. Cardio Circuit Training with Amelia	5-6 p.m. Indoor Cycling 6-7 p.m. Yoga with Wendy 6-7 p.m. Strong HIIT with Amelia	5-6 p.m. Barre with Amelia 6:30-7:30 p.m. Zumba with Amelia	

 www.facebook.com/mwrnaples

MARCH 2020

For current class descriptions and hours of operation, inquire at the front desk or visit www.navymwrnaples.com.

Support Site Fitness Forum: 081-811-6604/6611 or DSN 629-6604/6611





GROUP FITNESS SCHEDULE

CAPODICHINO FIT ZONE				
Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7 a.m. Command PT with Donatella by appointment 6:30-7:30 a.m. Sunrise Yoga with Deborah 7-7:30 a.m. Core Toning and Strengthening with Donatella	5-7 a.m. Command PT with Donatella by appointment 7-7:45 a.m. Fit Pump with Donatella	5-7 a.m. Command PT with Donatella by appointment 7-7:45 a.m. Cardio Circuit Training with Donatella	6:30-7 a.m. Command PT with Donatella by appointment 6:30-7:30 a.m. Sunrise Yoga with Deborah 7-7:45 a.m. Fit Pump with Donatella	5-7 a.m. Command PT with Donatella by appointment 7-7:30 a.m. Core Toning and Strengthening with Donatella
11-11:30 a.m. Glutes and Legs with Donatella 11 a.m.-Noon Metcon 3 with Alyssa	11-11:50 a.m. Circuit Training with Donatella 11-11:50 a.m. Indoor Cycling with Vicky	11-11:30 a.m. Glutes and Legs with Donatella 11 a.m.-Noon Metcon 3 with Alyssa	11-11:50 a.m. Circuit Training with Donatella 11-11:50 a.m. Indoor Cycling with Vicky	11 a.m.-Noon Metcon 3 with Alyssa
Noon-12:50 p.m. Endurance WOD with Alyssa Noon-12:50 p.m. Yoga with Wendy		Noon-12:50 p.m. Endurance WOD with Alyssa Noon-1 p.m. Yoga with Wendy	Noon-12:50 p.m. Yoga	
4:30-5:30 p.m. Yoga with Krysia	5-6 p.m. HIIT with Kelly	4:30-5:30 p.m. Yoga with Krysia	4-5 p.m. Metcon 3 with Alyssa	
CARNEY PARK				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30 a.m. Barre with Susie	9:30-10:30 a.m. HIIT and Upper Body with Susie	9:30-10:30 a.m. Barre with Susie	9:30-10:30 a.m. HIIT and Lower Body with Susie	9:30-10:30 a.m. Barre with Susie
10:45-11:45 a.m. Yoga with Susie	10:45-11:45 a.m. Yoga with Susie	10:45-11:45 a.m. Yoga Sculpt with Susie 6:45-7:45 p.m. Yoga with Susie	10:45-11:45 a.m. Yoga with Susie	10:45-11:45 a.m. Yoga with Susie

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