

GROUP FITNESS SCHEDULE

Support Site Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 a.m. Command PT by request	6-7 a.m. Command PT by request	6-7 a.m. Command PT by request	6-7 a.m. Command PT by request	6-7 a.m. Command PT by request
8:30-9:30 a.m. Functional Boot Camp with Vicky	8:30-9:30 a.m. Fit Pump with Amelia	8:30-9:30 a.m. Fit Box with Vicky	8:30-9:30 a.m. Fit Pump with Amelia	8:30-9:30 a.m. Circuit Training with Amelia
8:30-9:30 a.m. Pilates with Emilia		8:45-9:30 a.m. Yoga Flow with Amelia	9:45-10:45 a.m. Mobility and Stretching with Amelia	8:30-9:30 a.m. Pilates with Emilia
9:45-10:45 a.m. Fit Box with Vicky	9:45-10:45 a.m. Zumba® with Amelia	9:45-10:45 a.m. Fit Pump with Amelia		9:30-10:30 a.m. Glutes and Core with Amelia
11 a.m.-Noon Cycling with Vicky	11 a.m.-Noon Strong with Sammy	11 a.m.-Noon Functional Boot Camp with Vicky		11 a.m.-Noon Cycling with Sammy
3-4 p.m. Functional Fitness @ Fit Box 9-12 grade students with Kacee	1-2 p.m. Yoga with Amanda	3-4 p.m. Functional Fitness @ Fit Box 9-12 grade students with Kacee	11 a.m.-Noon Circuit Training with Amelia	5-6 p.m. Cycling with Sammy
4-5 p.m. Yoga with Amanda	3-4 p.m. Weight Training 9-12 grade students with Kacee	4-5 p.m. Circuit Training with Amelia	3-4 p.m. Weight Training 9-12 grade students with Kacee	6-7 p.m. Cross Training @ Fit Box* with Federico
5-6 p.m. Cycling with Sammy	3:20-4 p.m. Ballet 3-6 years	4-5 p.m. Judo 5-9 years	3:20-4 p.m. Modern Dance 3-6 years	
5:30-6:30 p.m. Beginner Jiu-Jitsu 16 years and older	4-5 p.m. Ballet 7-9 years	5-6 p.m. Cycling with Sammy	4-5 p.m. Modern Dance 7-9 years	SATURDAY
6-7 p.m. Cross Training @ Fit Box* with Federico	5-6 p.m. Cycling with Sammy	5-6 p.m. Judo 10-14 years	5-6 p.m. Cycling Sammy	8:30-9:30 a.m. Cycling with Sammy
6:30-7:30 p.m. Advanced Jiu-Jitsu 16 years and older	5-6 p.m. Ballet 10-17 years	6:30-8 p.m. Judo 15 years and older	5-6 p.m. Modern Dance 10-17 years	9:45-10:45 a.m. Core with Sammy
	6:30-7:30 p.m. Jiu-Jitsu 5-15 years		6:30-7:30 p.m. Jiu-Jitsu 5-15 years	11 a.m.-Noon HIIT with Sammy
	7:30-8:30 p.m. Jiu-Jitsu 16 years and old		7:30-8:30 p.m. Jiu-Jitsu 16 years and older	

*Patrons 12 years and older.

Fee-based class. Go to <https://myffrnavyaims.com> to register and pay.

For more information, call Support Site Fitness Center at 081-811-6604/DSN 629-6604.

Connect with MWR 24/7, navymwrnaples.com  www.facebook.com/mwrnaples  [nsanaplesMWR](https://www.instagram.com/nsanaplesMWR)



MARCH

GROUP FITNESS SCHEDULE

Capodichino Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Command PT/ Functional Training with Donatella				
11:05-11:50 a.m. Yoga Flow with Katie		11:05-11:50 a.m. Yoga Flow with Katie		11:05-11:50 a.m. Steady Flow with Katie
	11:15 a.m.-12:15 p.m. Cycling with Sammy		11:15 a.m.-12:15 p.m. Cycling with Sammy	
Noon-12:30 p.m. Functional Express with Donatella		Noon-12:30 p.m. Functional Express with Donatella		Noon-12:30 p.m. Functional Express with Donatella
	3-3:45 p.m. Glutes and Core with Katie		3:15-4 p.m. Dynamic Flow with Katie	

Fitness Yurt, Carney Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9-10 a.m. Pump with Vicky		9-10 a.m. Pump with Vicky	
	10-11 a.m. Pump with Vicky		10-11 a.m. Pump with Vicky	
	11 a.m.-Noon Core with Vicky		11 a.m.-Noon Core with Vicky	

For more information, call Capodichino Fitness Center at 081-568-4265/DSN 626-4265.

Connect with MWR 24/7, navymwrnaples.com  www.facebook.com/mwrnaples  [nsanaplesMWR](https://www.instagram.com/nsanaplesMWR)

