

NOVEMBER

GROUP FITNESS SCHEDULE

Support Site Fitness Center

MONDAY

8:30-9:30 a.m.
Functional Boot Camp
with Vicky

8:30-9:30 a.m.
Pilates
with Emilia

9:30-10:30 a.m.
Barbell 101
with Federico

9:45-10:45 a.m.
Fit Box
with Vicky

TUESDAY

8:30-9:30 a.m.
Fit Pump
with Amelia

9:45-10:45 a.m.
METCON
in NOFFS Zone

9:45-10:45 a.m.
Zumba®
with Amelia

1-2 p.m.
Yoga
with Amanda

3:20-4 p.m.
Ballet
(3-6 years old)

3:30-4:30 p.m.
Restorative Yoga Flow
with Amanda

4-5 p.m.
Yoga
with Amanda

5:15-6 p.m.
Cycling
with Amanda

6-7 p.m.
Beginner Jiu-Jitsu¹
(16 years and older)

7-8 p.m.
Advanced Jiu-Jitsu¹
(16 years and older)

Command PT
by request
Please schedule with
front desk staff.

SAVE THE DATE
Jingle Bell 5k
Friday, Dec. 4

WEDNESDAY

6:30-7:30 a.m.
Circuit Training
with Franco

8:30-9:30 a.m.
Fit Box
with Vicky

8:45-9:30 a.m.
Flow Yoga
with Amelia

9:45-10:45 a.m.
Fit Pump
with Amelia

2:30-3:30 p.m.
Judo
(6-10 years old)

3:30-4:30 p.m.
Tonifiction
with Amelia

3:30-4:45 p.m.
Judo
(11 years and older)

Nov. 4 and 18
6-7 p.m.
Jiu-Jitsu
make-up class
(5-15 years old)

Nov. 4 and 18
7-8 p.m.
Jiu-Jitsu
make-up class
(16 years and older)

THURSDAY

8:30-9:30 a.m.
Fit Pump⁴
with Amelia

9:45-10:30 a.m.
Mobility and Stretching⁴
with Amelia

10:45-11:30 a.m.
Circuit Training⁴
with Amelia

3:20-4 p.m.
Modern Dance⁴
(3-6 years old)

4-5 p.m.
Modern Dance⁴
(7-9 years old)

5-6 p.m.
Modern Dance⁴
(10-17 years old)

Nov. 19
5:30-9 p.m.
Feast Mode
Powerlift Competition
Register for time slot

6:30 p.m.
Iron and Ash
Run Club⁴

6:30-7:30 p.m.
Jiu-Jitsu⁴
(5-15 years old)

7:30-8:30 p.m.
Jiu-Jitsu⁴
(16 years and older)

FRIDAY

8:30-9:30 a.m.
Circuit Training
with Amelia

8:30-9:30 a.m.
Pilates
with Emilia

9:30-10:30 a.m.
Barbell 101
with Federico

9:30-10:30 a.m.
Glutes and Core
with Amelia

2:50-3:40 p.m.
Judo³
(6-10 years old)

3:45-4:45 p.m.
Judo³
(11 years and older)

Nov. 13
6:30-7:30 p.m.
Jiu-Jitsu
make-up class
(5-15 years old)

Nov. 13
7:30-8:30 p.m.
Jiu-Jitsu
make-up class
(16 years and older)

Fee based class
descriptions



Support Site
Group exercise
class descriptions



¹No class Nov. 23 and 30

²No class Nov. 24

³Class held at Community Recreation Studio in Bldg. 2076 (adjacent to Auto Skills).

⁴No class Nov. 26

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



NOVEMBER

GROUP FITNESS SCHEDULE

Capodichino Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Functional Training with Donatella	7-7:45 a.m. Functional Training with Donatella	7-7:45 a.m. Functional Training with Donatella	7-7:45 a.m. Functional Training¹ with Donatella	7-7:45 a.m. Functional Training with Donatella
7-7:45 a.m. Power Yoga with Amanda		Nov. 18 10:30 a.m.-1 p.m. Feast Mode Powerlift Competition Register for time slot		7-7:45 a.m. Cycling with Amanda
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. Slow Flow with Katie
Noon-12:30 p.m. Functional Express with Donatella	Noon-12:30 p.m. Body 360 with Katie	Noon-12:30 p.m. Functional Express with Donatella	Noon-12:30 p.m. Movement Lab¹ with Katie	Noon-12:30 p.m. Functional Express with Donatella

¹No class Nov. 26

SAVE THE DATE
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Capodichino
Group exercise
class descriptions



Fitness Yurt, Carney Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9-10 a.m. Pump with Vicky		9-10 a.m. Pump¹ with Vicky	
	10-11 a.m. Core with Vicky		10-11 a.m. Core¹ with Vicky	

¹No class Nov. 26

Carney Park
Group exercise
class descriptions



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

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