



# Group Exercise

## FY25

<b>TIMES</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>0630</b>			<b>MIL. AD PT NOFFS "Fit-2-Fight"</b>		
<b>1200</b>	<b>NOFFS - Performance Boot-camp</b>	<b>Turbo Cycle</b>	<b>Barbell Pump</b>	<b>Barre &amp; Aqualogix</b>	<b>Dynamic YOGA</b>
<b>1500</b>		<b>MIL. AD PT NOFFS "Fit-2-Fight"</b>			
<b>1700</b>	<b>Bike-Bench- Bar &amp; MMA-Kick- Boxing</b>	<b>NOFFS - Performance Boot-camp</b>	<b>Gentle YOGA</b>	<b>MMA - Kick- Boxing</b>	

**Note: Classes must have 3 or more participants to proceed**

