

# NOFFS ZONE PROJECT

## NAWS China Lake MWR Sports & Fitness

### CURRENT CLASSES (05/07/25)

TIME	MON	TUE	WED	THU	FRI
0630			NOFFS Fit-2-Fight		
1200	NOFFS Performance Bootcamp	Turbo Cycling	Barbell Pump	BARRE & Aqualogix	Dynamic YOGA
1500		NOFFS Fit-2-Fight			
1700	Bike-Bench-Bar & MMA/Kick- Boxing	NOFFS Performance Bootcamp	Gentle YOGA	MMA/Kick- Boxing	

### PROJECTED ADDITIONAL CLASSES

TIME	MON	TUE	WED	THU	FRI
0630	NOFFS Fit-2-Fight		NOFFS Fit-2-Fight		
1200	NOFFS Performance Bootcamp	Turbo Cycling	Barbell Pump	BARRE & Aqualogix	Dynamic YOGA
1500		NOFFS Fit-2-Fight		NOFFS Fit-2-Fight	
1700	Bike-Bench-Bar & MMA/Kick- Boxing	NOFFS Performance Bootcamp	Gentle YOGA	MMA/Kick- Boxing	

- NOFFS Fit 2 Fight are Military Courses only and are used as PT and FEP
- NOFFS Performance Bootcamp are Normal Group-Exercise Classes open to all eligible Patrons