## 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		NOFFS		
	Fit-2-Fight		Fit-2-Fight		
1200	NOFFS	Turbo Cycling	Barbell Pump	BARRE &	Dynamic YOGA
1200	Performance			Aqualogix	
	Bootcamp				
1500		NOFFS		NOFFS	
		Fit-2-Fight		Fit-2-Fight	
1700	Bike-Bench-Bar	NOFFS	Gentle YOGA	MMA/Kick-	
1700	&	Performance		Boxing	
	MMA/Kick-	Bootcamp			
	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