



Group Exercise

JAN/FEB/MAR 2026

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
630 AM			Mil. AD PT NOFFS "Fit-2-Fight"		
12 PM	NOFFS - Performance Boot-camp	Turbo Cycle	Barbell Pump	Bike Bench Bar & Aqualogix	Dynamic YOGA
3 PM		Mil. AD PT NOFFS "Fit-2-Fight"			
4 PM		Fit-Fam Bootcamp <small>5yo and up with parent/adult</small>		Fit-Fam Bootcamp <small>5yo and up with parent/adult</small>	
5 PM	Upbeat Barre & Grapple Grind (bldg. 19)	NOFFS - Performance Boot-camp	Gentle YOGA	Barre & Box & Burn (bldg. 19)	

Note: CLASSES must have 3 or more participants to proceed

