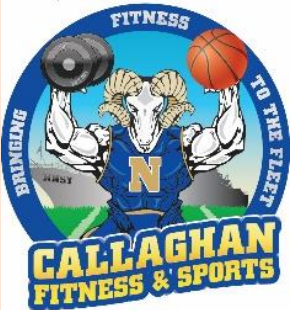


NORFOLK NAVAL SHIPYARD
GROUP EXERCISE CLASSES

June - August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>0700-0800 PT4URPRT (FEP) (By Request)</p>	<p>0930-1030 Zumba (1st, 3rd & 5th Wed of Month) Total Body Conditioning (2nd & 4th Wed of Month)</p>	<p>0700-0800 PT4URPRT (FEP) (By Request)</p>	<p>0900-1000 Aqua-Aerobics (At Splash Zone on Scott Center Annex)</p>
<p>1115-1215 Spin</p>	<p>1115-1215 Step Cross-Training</p>	<p>1115-1215 Cross-Row</p>	<p>1115-1215 Core & More</p>	<p>1115-1200 HIIT</p>
<p>1640-1740 Step Cross-Training</p>	<p>1640-1740 HIIT</p>	<p>1640-1740 Strength & Yoga Fusion</p>	<p>1640-1740 Spin</p>	



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