Weekly Fitness Class Schedule:

Monday:

12 PM - 1 PM	**Functional Yoga**
1:30 PM - 2:30 PM	**Mat Pilates**
6 PM - 7:15 PM	**Spin Class**

Tuesday:

5:30 AM - 6:15 AM	**Spin Class**
5 PM - 6 PM	**Yin Yoga**

Wednesday:

12 PM - 1 PM	**Functional Yoga**
1:30 PM - 2:30 PM	**Mat Pilates**
4:30 PM - 5:15 PM	**Spin Class**

Thursday:

5:30 AM - 6:15 AM	**Spin Class**
12 PM - 1 PM	**Yin Yoga**
6 PM - 7:15 PM	**Spin Class**

Friday:

9 AM - 9:45 AM	**Spin Class**

Ask our staff about Intramural Sports, Locker Rentals, Personal Training, Bike Rentals and more!

Monterey.NavyLifeSW.com



MWR FITNESS