

# GROUP EXERCISE SCHEDULE

Monterey Bay Athletic Club



*\*Class authorized for FEP*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM - 6:15 AM		SPIN CLASS*		SPIN CLASS*	
6:30 AM - 7:15 AM			SPIN CLASS*		
9 AM - 9:45 AM					SPIN CLASS*
12 PM - 1 PM	YOGA		YOGA		
1:30 PM - 2:30 PM	MAT PILATES		MAT PILATES		
4:30 PM - 5:15 PM			SPIN CLASS*		
6:00 PM - 7:15 PM	SPIN CLASS*				
6:30 PM - 7:45 PM			SALSA DANCING		

## Contact

831-656-3118 or [Fitness@nps.edu](mailto:Fitness@nps.edu)

## Class Location:

■ Main Gym ■ NOFFS Zone

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

