NAS OCEANA | **FITNESS**

2026 GROUP EXERCISE SCHEDULE

MONDAY

6 am	TRX Circuit
7 am	Command PT Hour (with Fitness Team)
10 am	Mommy Madness
11 am	NOFFS Strength & Cardio
2 pm	Command PT Hour (with Fitness Team)

TUESDAY

6 am	Triple B (ball, bands & battle rope)
7 am	Command PT Hour (with Fitness Team)
10 am	Yoga
11 am	Fight & Fit
2 pm	Command PT Hour (with Fitness Team)
4 pm	Cycle 45

WEDNESDAY

6 am	Step Express
7 am	Command PT Hour (with Fitness Team)
10 am	Mommy Madness
11 am	Core & Stretch
2 pm	Command PT Hour (with Fitness Team)

THURSDAY

6 am	Instructor's Choice
7 am	Command PT Hour (with Fitness Team)
10 am	Yoga
11 am	Strong Nation 45
2 pm	Command PT Hour (with Fitness Team)

FRIDAY

6 am	Kettlebell Express
7 am	Command PT Hour (with Fitness Team)
10 am	Zumba
11 am	HIIT Happens
2 pm	Command PT Hour (with Fitness Team)

Hornet's Nest Gym ✦ 529 D Avenue ✦ 757-433-3928

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NASO-N921-0226-00073-TR No Navy endorsement implied.