


NSA PORTSMOUTH VA

GROUP EXERCISE CLASSES

April - May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	0700-0800 PT4URPRT(FEP) (By Request)	0930-1030 Zumba (1 st , 3 rd & 5 th Wed of Month) Total Body Conditioning (2 nd & 4 th Wed of Month)	0700-0800 PT4URPRT(FEP) (By Request)	0600-0645 Instructors Choice
1115-1215 Spin	1115-1215 Step Cross-Training	1115-1215 HIIT (SHRED SHED OUTDOORS)	1115-1215 Core & More	1115-1215 NOFFS
1640-1740 Step Cross-Training	1640-1740 HIIT	1640-1740 20/20/20 (Strength, Core, Yoga)	1640-1740 Spin	

