



GROUP EXERCISE 2026 SCHEDULE



MONDAY

6:30 am TRX Circuit
10 am Mommy Madness
11 am NOFFS Strength & Cardio
4 pm End Day HIIT

TUESDAY

6:30 am Triple B (ball, bands & battle rope)
10 am Cross-Training Burn (conditioning & cardio)
11 am Fight & Fit
4 pm Cycle 45

WEDNESDAY

6:30 am Step Express
10 am Mommy Madness
11 am Core and Stretch
4 pm End Day HIIT

THURSDAY

6:30 am Cross-Training Burn (conditioning & cardio)
10 am Yoga
11 am Strong Nation 45
4 pm NOFFS Strength

FRIDAY

6:30 am Kettlebell Express
10 am Zumba
11 am HIIT Happens

Hornet's Nest Gym ♦ 529 D Avenue ♦ 757-433-3828



CORE & STRETCH

Integrate elements of yoga and Pilates with basic stretching and breathing exercises to promote core strength and flexibility. For all levels of fitness.

CROSS-TRAINING BURN (CONDITIONING & CARDIO)

A workout focused on elevating your heart rate with various modalities, such as HIIT, strength training and core work using a variety of equipment to get a total body burn.

CYCLE 45

Enjoy this 45-minute cardio forward cycling class with a hint of muscular endurance through body-weight and light-weight exercises.

END DAY HIIT

Use a variety of equipment to challenge your muscular and cardio systems in this fast-paced high-intensity interval workout.

FIGHT & FIT

Take your martial arts striking to the next level with high-intensity training. Standing kickboxing bags will be used. Bring your own gloves or borrow some of ours.

HIIT HAPPENS

A high-intensity circuit that challenges muscular strength and endurance while improving movement quality and cardio efforts using functional movements and other exercises.

KETTLEBELL EXPRESS

A 30-minute, high-energy workout incorporating various kettlebell exercises often combined to optimize strength, endurance, coordination and mobility, all while burning fat.

MOMMY MADNESS

Have some fun with a full-body workout combining cardio and weight training. All are welcome, including pre- and postnatal women and the little ones.

NOFFS STRENGTH

This class is designed to increase muscle conditioning through various exercises from the Navy Operational Fitness and Fueling System's (NOFFS) strength series and endurance series.

NOFFS STRENGTH & CARDIO

A total body workout that includes all movement types and cardio elements based on Navy Operational Fitness and Fueling System (NOFFS) training principles.

STEP EXPRESS

This class is for all the step lovers out there who want a quick and effective cardio workout. In 30 minutes of fun, you will get in some athletic moves along with old school step.

STRONG NATION

A high-intensity workout perfectly synced to the music that is guaranteed to push you to your limits of cardio and muscular endurance while building strength.

TRIPLE B (BALLS, BANDS & BATTLE ROPES)

Incorporates functional training exercises using balls, bands and battle ropes to improve strength, cardio endurance and power.

TRX CIRCUIT

Improve strength, balance, stability, and mobility using TRX suspension trainer and additional equipment.

YOGA

Improve torso stability while increasing flexibility in this all-levels recovery class that incorporates breathing techniques and simple, intentional transitions of poses.

ZUMBA

A fun, upbeat dance aerobics workout centered around Latin and international music designed to improve cardiovascular fitness and increase performance outputs.