NSA PORTSMOUTH VA

GROUP EXERCISE CLASSES

SEPTEMBER TO DECEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
0700-0800 PT4URPRT* (Command PT/FEP) (BY REQUEST)	0700-0800 PT4URPRT* (Command PT/FEP) (BY REQUEST)	0700-0800 PT4URPRT* (Command PT/FEP) (BY REQUEST)	0700-0800 PT4URPRT* (Command PT/FEP) (BY REQUEST)	0700-0800 PT4URPRT* (Command PT/FEP) (BY REQUEST)
1115-1215 Spin	1115-1215 Total Body Conditioning	1115-1215 HIIT	1115-1215 20/20/20	
1500-1600 PT4URPRT* (Command PT/FEP) (BY REQUEST)	1500-1600 PT4URPRT* (Command PT/FEP) (BY REQUEST)	1500-1600 PT4URPRT* (Command PT/FEP) (BY REQUEST)	1500-1600 PT4URPRT* (Command PT/FEP) (BY REQUEST)	1500-1600 PT4URPRT* (Command PT/FEP) (BY REQUEST)
1640-1740 Step Cross Training	1640-1740 HIIT	1640-1740 20/20/20 (Strength, Core, Yoga)	1640-1740 Spin	

* Any active-duty Navy service member is allowed to attend the PT4URPRT & must wear their PTU.

