


NSA PORTSMOUTH VA

GROUP EXERCISE CLASSES

APRIL TO MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	0600-0700 PT4URPRT(FEP) (By Request)		0600-0700 PT4URPRT(FEP) (By Request)	0600-0700 NOFFS (By Request)
1115-1215 Spin	1115-1215 Total Body Conditiong	1115-1215 Cross-Row	1115-1215 20/20/20	1115-1200 Spin
1640-1740 Step Cross Training	1640-1740 HIIT	1640-1740 20/20/20 (Strength, Core, Yoga)	1640-1740 Spin	

