



NAS Fallon

Warrior Physical Training Facility



Fitness & Aquatics Class Schedule

Monday

11:30 am Spin

3:30 pm Command
PT

5 pm Zumba

Tuesday

5:15 am Spin

8:30 am TRX/
Body Pump

11:30 Yoga

4 pm TRX/
Body Pump

5 pm Pilates

Wednesday

5:15 am Boot Camp

11:30 am Spin

3:30 pm Command
PT

5 pm Zumba

Thursday

5:15 am Spin

8:30 am TRX/
Body Pump

10:30 am Parent & Me
(Base Pool)

11:30 Yoga

4 pm TRX/
Body Pump

5 pm Pilates

Friday

6 am NOFFS Boot
Camp

5 pm Zumba

Staffed Hours

Monday-Friday 5am-9 pm

Saturday 9 am-3 pm

Sunday 9 am-1 pm

Remaining 24/7 hours are unstaffed

Notes:

April 12 – No NOFFS Boot Camp.

Please see our Facebook page for unexpected class changes or updates to the class schedule.



Naval Air Station Fallon Fleet & Family
Readiness Programs

Warrior Physical Training Facility, Bldg. 3100

775-426-2251

Classes are free to all eligible customers with valid ID, \$3 fee for guests.

