

APRIL 2025

NSF INDIAN HEAD GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Walk to the White House	2 Circuit 4:30 PM-5:30 PM	3 H.I.I.T Training 4:30 PM-5:30 PM	4 Mini NOFFS Session 4:30 PM-5:30 PM
7 H.I.I.T Training 4:30 PM-5:30 PM Weeklong Deadlift Competition	8	9 Circuit 4:30 PM-5:30 PM	10 H.I.I.T Training 4:30 PM-5:30 PM Bike Trail Ride	11 Mini NOFFS Session 4:30 PM-5:30 PM
14 H.I.I.T Training 4:30 PM-5:30 PM	15	16 Circuit 4:30 PM-5:30 PM	17 H.I.I.T Training 4:30 PM-5:30 PM	18 Mini NOFFS Session 4:30 PM-5:30 PM
21 H.I.I.T Training 4:30 PM-5:30 PM	22	23 Circuit 4:30 PM-5:30 PM	24 H.I.I.T Training 4:30 PM-5:30 PM	25 Mini NOFFS Session 4:30 PM-5:30 PM
28 H.I.I.T Training 4:30 PM-5:30 PM	29	30 Circuit 4:30 PM-5:30 PM		