

MAY 2025

NSF INDIAN HEAD GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
			1 H.I.I.T Training 4:30 PM-5:30 PM	2 Mini NOFFS Session 4:30 PM-5:30 PM
5 H.I.I.T Training 4:30 PM-5:30 PM	6	7 Circuit 4:30 PM-5:30 PM	8 H.I.I.T Training 4:30 PM-5:30 PM	9 Mini NOFFS Session 4:30 PM-5:30 PM
12 H.I.I.T Training 4:30 PM-5:30 PM	13	14 Circuit 4:30 PM-5:30 PM	15 H.I.I.T Training 4:30 PM-5:30 PM	16 Mini NOFFS Session 4:30 PM-5:30 PM
19 H.I.I.T Training 4:30 PM-5:30 PM Max Bench Press Competition	20	21 Circuit 4:30 PM-5:30 PM	22 H.I.I.T Training 4:30 PM-5:30 PM Memorial Day 5K	23 Mini NOFFS Session 4:30 PM-5:30 PM
26 No Classes on Memorial Day	27	28 Circuit 4:30 PM-5:30 PM	29 H.I.I.T Training 4:30 PM-5:30 PM	30 Mini NOFFS Session 4:30 PM-5:30 PM