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Naval Medical Center San Diego

October 2021



*WarOps is an extensive exercise program to include: Strength, Mobility, Flexibility and Endurance.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					<p>1</p>  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900
3	<p>4</p>  YOGA 10am  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>5</p>  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>6</p>  Hiking 0700-10  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>7</p>  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>8</p>  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900
10	<p>11</p>  YOGA 10 am  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>12</p>  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>13</p>  Hiking 0700-10  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>14</p>  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>15</p>  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900
17	<p>18</p>  YOGA 10 am  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>19</p>  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>20</p>  Hiking 0700-10  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>21</p>  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>22</p>  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900
24	<p>25</p>  SUP Coronado TBD  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>26</p>  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>27</p>  Hiking 0700-10  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>28</p>  Equine Therapy 11-13  WAROPS 0630  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	<p>29</p>  "WAROPS 0630"  "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900

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