



NMCSD

Naval Medical Center San Diego

June 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
			"WAROPS 0630 Hiking 0700-10 Meditation 0900 Aquatic Healthy Back 0800-0900 "WARP STRENGTH" MOBILITY & SPORTS STRETCH	"WAROPS 0630 YOGA 1200 Wheelchair Basketball "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	"WAROPS 0630 Nutrition and Mobility 1030pst "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900
6	7	8	9	10	11
"WAROPS 0630 PST Swim 0700-0800 "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900 PST	WAROPS 0630 PST YOGA 1200PST Wheelchair Basketball 10-12 Crown Point "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900 PST	WAROPS 0630 PST Hiking 0700-10 Meditation 0900 Aquatic Healthy Back 0800-0900 "WARP STRENGTH" MOBILITY & SPORTS STRETCH	WAROPS 0630 PST YOGA Wheelchair Basketball "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900 PST	WAROP S 0630 Nutrition and Mobility 1030pst "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900 PST	
13	14	15	16	17	18
"WAROPS 0630 PST Swim 0700-0800 "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900 PST	"WAROPS 0630 PST YOGA Wheelchair Basketball "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900 PST	"WAROPS 0630 PST Hiking 0700-10 Meditation 0900 Aquatic Healthy Back 0800-0900 "WARP STRENGTH" MOBILITY & SPORTS STRETCH	"WAROPS 0630 PST YOGA Wheelchair Basketball "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900 PST	WAROPS 0630 PST Nutrition and Mobility 1030pst "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900 PST	
20	21	22	23	24	25
"WAROPS 0630 PST Swim 0700-0800 "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900 PST	"WAROPS 0630 PST YOGA Wheelchair Basketball "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	"WAROPS 0630 PST Hiking 0700-10 Meditation 0900 Aquatic Healthy Back 0800-0900 "WARP STRENGTH" MOBILITY & SPORTS STRETCH	"WAROPS 0630 PST YOGA Wheelchair Basketball "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900 PST	"WAROPS 0630 PST Nutrition and Mobility 1030pst "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900 PST	
27	28	29	30		
"WAROPS 0630 PST Swim 0700-0800 "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	"WAROPS 0630 YOGA Wheelchair Basketball "WARP STRENGTH" MOBILITY & SPORTS STRETCH 0900	WarOps 0630 Hiking 0700-10 Meditation 0900 Aquatic Healthy Back WarP Strength			

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