



NBVC MWR FITNESS

GROUP EXERCISE SCHEDULE, BEEFIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING					
AFTERNOON					
EVENING					

COMMAND FITNESS COURSES

NOFFS

CFL-Train the Trainer

Ship Shape

• DoD civilians \$ **4** per class
 • Retired DoD
 • NEX employees

• Contractors \$ **7** per class
 • Guests

HOURS	BeeFit (805) 982-4726	Mugu Gym (805) 989-7728
	Mon-Thu: 6 am - 8 pm	Mon-Fri: 5 am - 8 pm
	Fri: 6 am - 12 pm	Sat: 7 am - 3 pm
	Sat: CLOSED	Sun: 7 am - 2 pm
	Sun: CLOSED	



*Classes subject to change without notice

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