



NBVC MWR FITNESS

GROUP EXERCISE SCHEDULE, BEEFIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING					
AFTERNOON					
EVENING					

MWR LED COMMANDS AVAILABLE- RESERVE NOW!

COMMAND FITNESS COURSES

NOFFS

CFL-Train the Trainer

Mission Nutrition

RC.JUNE.23



Effective date:

Classes subject to change without notice

	WARFIELD 805-982-5173	Mugu Gym 805-989-7728
HOURS	O P E N 2 4	H O U R S