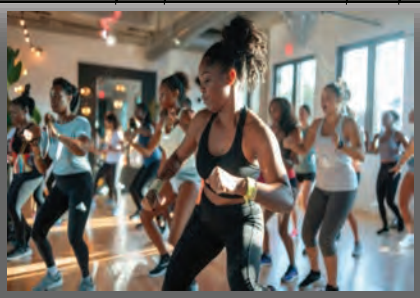
Port Hueneme
Fitness Classes

TIME	MON	TUE	WED	THU	FRI	SAT
6 am	Cycling		Cycling			
	6-7 am		6-7 am			
7 am						
8 am	Body Fusion	Prehab Fit	Zumba FF	NOFFS HIIT	Zumba FF	
	8:30-9:30am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	8:30-9:30 am	
9 am						Combo
						9-10 am
10 am	Zumba	Combo	Senior Fit		Senior Fit	Zumba
	10-11 am	10-11am	10-11 am		10-11 am	10-11 am
11 am	Yoga	NOFFS/ESD	Yoga	NOFFS/ESD	Combo	Dance
	11:30-12:30	11:30-12:30	11:30-12:30	11:30-12:30	11:30-12:30	11:15-12:15 am
NOON						
1 pm						
2 pm						
3 pm						
4 pm						
5 pm	Cycling	Yoga		Yoga		
	5:30-6:30 pm	5:30-6:30 pm		5:30-6:30 pm		
6 pm						







MWR FITNESS

ventura.navylifesw.com

Warfield Gym: 805-982-5173
Mugu Gym: 805-989-7728
Schedule Updated: 8/20/25