



CLASSES
CURRENTLY AT
THE BEEHIVE

NBVC MWR FITNESS

GROUP EXERCISE SCHEDULE, BEEHIVE

BEEFIT WELLNESS CENTER - NBVC PORT HUENEME

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|-----------------------|--|---------------------|------------------------|---|
| MORNING | 6am Cycling | 9am Circuit Train | 6am Cycling | 9am HIIT | 8:30am ZUMBA *FF |
| | 8:30am Body Fusion | (NOFFS) | 8:30am ZUMBA *FF | (NOFFS) | 10am Senior Fit |
| | 10am ZUMBA | 10:00am Combo | 10am Senior Fit | 10am ZUMBA | 10am Senior Fit |
| AFTERNOON | 11:30am YOGA | 10:30am Water Fitness | 11:30am YOGA | 11:30am Rowing/Cond | <u>WARFIELD</u> <u>Strong Comp</u> |
| | | 11:30am Rowing/Cond | | (NOFFS) | 5:30PM 2/16 2/23 3/1 3/8 3/15 3/22 |
| | | MWR LEAD COMMANDS AVAILABLE - RESERVE NOW! | | | |
| EVENING | 5:30pm Cycling | 4:15PM ZUMBA *FF | 5pm Step It UP | 4:15pm ZUMBA *FF | SATURDAY 9am Combo |
| | 6:30pm Step It Up | 5:30pm YOGA | | 5:30pm YOGA | 10am Zumba 11:15am Yoga Open 8:30am to 12:30pm |

COMMAND FITNESS COURSES

NOFFS

Workout in our outdoor
NOFFS ZONE

CFL-Train the Trainer

Check current schedule at:
www.navyfitness.org

Mission Nutrition

Call 805 982-5173 for
current schedule

RC.JUNE.23



Effective date:

3/1/2024

Classes subject to change without notice

| HOURS | WARFIELD 805-982-5173 | 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: 8:30 am - 12:30 pm | Sun: 7 am - 3 pm | |
| Sun: CLOSED | | |