

# NBVC MWR FITNESS

## GROUP EXERCISE SCHEDULE, MUGU GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING</b>					
<b>AFTERNOON</b>					
<b>EVENING</b>					

### COMMAND FITNESS COURSES

**NOFFS**

**CFL-Train the Trainer**

**Mission Nutrition**

RC.AUG.23



Effective date:

*Classes subject to change without notice*

	<b>BeeFit</b> 805-982-4726	<b>Mugu Gym</b> 805-989-7728
<b>HOURS</b>	Mon-Thu: 6 am - 8 pm Fri: 6 am - 12 pm Sat: CLOSED Sun: CLOSED	Mon-Fri: 5 am - 8 pm Sat: 7 am - 3 pm Sun: 7 am - 3 pm