

NBVC MWR FITNESS

GROUP EXERCISE SCHEDULE, MUGU GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	*9am - NOFFS: Strength Training (Jenny)	*9am Cardio/ H.I.I.T (Jenny) *10:30am Body Fusion (Dala)	*9am - NOFFS: Functional Fitness (Jenny)	*9am Strength (Jenny) *10:30am Therapeutic Stretch (Jenny)	* 9am Cardio/ H.I.I.T (Jenny)
AFTERNOON	*11:30am - NOFFS: Strength Training (Jenny)	*11:30am Zumba (Dala)	*11:30am Boot Camp (Jenny)	*11:30am - NOFFS: Strength Training (Jenny)	*11:30am - NOFFS: Conditioning (Jenny)
EVENING			*5:30pm - NOFFS: Functional Fitness (Jenny)		

COMMAND FITNESS COURSES

NOFFS

Available by Command Request

CFL-Train the Trainer

Check current schedule at:
www.navyfitness.org

Mission Nutrition

Call Beefit - 805 982-4726 for current schedule.

RC.AUG.23



Effective date:

02 October 2023

Classes subject to change without notice

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 - 3 pm
	Sun: CLOSED	