



BeeFit Group Exercise Schedule

NBVC Port Hueneme

(805) 982-4726



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Turbo Kick Boxing -Kathleen Family Friendly	Cardio Endurance Shanna Family Friendly	Cardio Sculpt Shanna Family Friendly	Cardio Endurance Shanna Family Friendly	Zumba Party- LIZ Family Friendly	
9:30AM		TRX- Shanna		Boot Camp- Sandy Family Friendly		09:00 Spin- Sandy
10:00AM	Yoga – Romey		Senior Fit – Sharon			
10:30AM				Tai Chi Chih- Lisa		
11:00	Water Aerobics- Shanna				Water Aerobics- Sharon	
11:30	Zumba Party – Nakeia	Resistance Training – Kathleen	Power Yoga – Kathleen	Resistance - Training Sharon		
11:45		Spin w/Colin			Spin/Colin	
12:30		Mommy Yoga- Romey				
16:30 (4:30)	Water Aerobics- Sharon/Shanna	Butts&Guts Sandy	Water Aerobics – Karen Zumba- Liz	Water Aerobics- Karen Zumba - Maritza		
17:00 (5:00)	TRX- Kim				TRX-Kim	
17:30 (5:30)	Resistance Training- Jeanette	Step Sensation- Karen	Resistance Training - Sharon	Salsa Step- Maritza		
18:30 (6:30)	Cycle fit –Sandy	Yoga- Kathleen	Cycling – Jeanette Zumba Party- Maritza	Yoga - Kathleen		

DoD Civilians, Retired DoD, NEX Employees : \$2/class Contractors & Guests of eligible patrons: \$3/class.

M-TH 05:00-22:00/ F 05:00-20:00/Sat 09:00-19:00 Sun 09:00-17:00

Family Friendly Classes are designed to allow parents without childcare available to bring their small children along while they participate in group exercise classes. In order to participate, parents must:

- Keep children confined to a stroller/playpen or occupied with an activity, while class is in session for safety purposes.
- Supervise their children during class, as instructors are not babysitters.

Effective 5/28/12