



NBVC BEEFIT AEROBICS

Port Hueneme

805 982 4726

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0500** See description	Cycle Fit William	Cycle Fit William	Cycle Fit William	Cycle Fit William	Cycle Fit William	TRX Suspended training William
0700						Nutrition goal setting William
0830	Cardio Sculpt Ariela	Power Walking Nikki	Cardio Sculpt Kristen	Power walking Nikki	Zumba Party Diane	
0900						Cycle Fit Tammi
0930		Abs/balance/ core Diane		Abs/balance/ core Diane		
0945	Yoga Flow Romey		Senior Fit Kristen		Zumba Party Gold Diane	
1100	Water Fitness Kristen	Water Fitness Kristen	Water Fitness Kristen	Water Fitness Kristen		
1130	Cycle Fit Sharon	Resistance Training Sharon	Power Yoga Romey	Resistance Training Sharon		
1130	Zumba Party Diane					
1630 (4:30)	Pilates Jeanette	Pilates Tammi	Pilates Sharon	Pilates Tammi		
1730 (5:30)	Resistance Training Jeanette	Step Burn & Firm Tammi	Resistance Training Sharon	Step Sensation Tammi		
1830 (6:30)	Cycle Fit Tammi	Yoga Flow Chelsea	Cycle Fit Tammi	Yoga Flow Chelsea		
1830 (6:30)			Zumba Party Diane			