

NAVAL BASE KITSAP
BREMERTON FITNESS CENTER



GROUP FITNESS CLASSES

Hours of Staffed Operation

Monday—Friday: 0400-1900

Weekends and Holidays: 0800-1530

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	0545-0615 HIIT	0600-0645 Spin And Strength	0600-0700 Warrior	0600-0645 Spin And Core	0545-0615 HIIT	
	1230-1330 Strength And Stability		0630-0630 HIIT		1230-1300 Functional Movement	
	1700-1730 HIIT	1700-1800 Spin	1700-1800 Warrior	1700-1800 Spin	1700-1730 Core Blaster	
	1730-1800 Core Blaster	1730-1830 Kettlebell	1730-1830 Zumba Gold	1730-1830 Zumba	1730-1800 Mobility	
	1730-1830 Strike & Strength	1730-1830 Zumba	1730-1830 Strike & Strength			



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