

NAVAL BASE KITSAP
BREMERTON FITNESS CENTER



GROUP FITNESS CLASSES

Hours of Operation
Monday-Friday: 4 a.m.-8 p.m.
Saturday/Sunday/Holiday: 8 a.m.-5 p.m.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------------------|---------------------------------|-------------------------|---------------------------------|---------------------|----------|
| | 0600-0700 | 0530-0615 Barbell Essentials | 0600-0700 | 0530-0615 Barbell Essentials | 0930-1030 | |
| | Yoga | | Yoga | | Zumba | |
| | | | | | 1130-1230 | |
| | | | | | Kickboxing | |
| | 1230-1330 | 1230-1315 | 1230-1330 | 1230-1315 | 1230-1300 | |
| | Strength And Stability | Homeschool PE | Strength And Stability | Homeschool PE | Functional Movement | |
| | | | 1630-1700 | | | |
| | | | Kettlebell Conditioning | | | |
| | 1700-1730 | 1700-1730 | 1700-1800 | 1700-1800 | 1700-1730 | |
| | HIIT | Spin | Warrior | Spin | Core Blaster | |
| | 1730-1800 | 1730-1830 | 1730-1830 | 1730-1830 | | |
| | Core Blaster | Zumba | Zumba | Zumba | | |
| | | 1730-1830 | | 1730-1830 | | |
| | | Kickboxing | | Kickboxing | | |



navylifepnw.com



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