

NAVAL BASE KITSAP  
BANGOR FITNESS CENTER



# GROUP FITNESS CLASSES

Facility Open 24/7  
Manned Hours of Operation  
Monday–Friday: 5 a.m.-8 p.m.  
Saturday/Sunday/Holiday: 8 a.m.-5p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 – 9:20 A.M.		8:30 - 9:20 A.M.		8:30 –9 :00 A.M.	
	NOFFS Aquatics		NOFFS Aquatics		Exp. Aquatics	
9:00 - 9:50 A.M.	9:00 - 9:50 A.M.		10:30 - 11:00 A.M.	9:00 - 9:50 A.M	9:30 - 10:30 A.M.	9:00 - 9:50 A.M.
Yoga	Homeschool Rec		Exp. Spin	Pump	Homeschool	NOFFS Zone Warrior
	10:30 - 11:20 A.M.	10:00 - 10:50 A.M.	11:15 - 11:45 A.M.	10:30 - 11:20 A.M	10:30 - 11:20 A.M.	
	Cardio Kickboxing	Pump	Exp. Row & Burn	Zumba*	Cardio Kickboxing	
	11:30 - 12:20 P.M.	11:15- 12:15 A.M.	12:00 - 12:30 P.M.	11:30 - 12:00 P.M.		
	Spin & Strength	Exp. Core and Abs	Kettlebell Express	Express Warrior		
			3:30 - 4:20 P.M.			
			Yoga			
	5:00 - 5:50 P.M.	5:00 - 5:50 P.M.				
	Spin & Strength	Spin and Core				

## Events:

Stop by the fitness center to learn about our upcoming events and challenges!

SCAN FOR DETAILS



FACEBOOK GROUP



navylifepnw.com



@KitsapFFR

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 Kickboxing		1730-1830 Kickboxing		



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