

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

Events:

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

SCAN FOR DETAILS



FACEBOOK GROUP



navylifepnw.com
f y o
@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		1730-1830		
		Kickboxing		Kickboxing		



navylifepnw.com



@KitsapFFR