



**NBVC SEAFIT AEROBICS
Point Mugu
(805) 989-7728**

	Monday	Tuesday	Wednesday	Thursday	Friday
0600	Cycle Fit Lorri	Cycle Fit Lorri	Cycle Fit Lorri	Cycle Fit Lorri	
0830	Chumash Trail John		Chumash Trail John		Chumash Trail John
1130	Yoga Chelsea <hr/> Cycle Fit John	Hurdle Challenge John	Shape Up Together John	Cycle Fit John	Shape Up Together John
1630 (4:30)	Pilates Jamie 30 Min. Class	Yoga Chelsea	Pilates Jamie 30 Min. Class	Yoga Chelsea	
1700 (5:00)	Zumba Jamie	Cycle Fit Eric	Zumba Jamie	Cycle Fit Eric	
1800 (6:00)	Resistance Training Eric	Step Sensation Maritza	Resistance Training Eric	Step Sensation Maritza	