BEE-FIT AEROBICS SCHEDULE

BeeFit Wellness Center Bldg. 1171/ 982-4726
Hours: M-F 0800 – 1900
updated: 02/19/04

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
0830	Hi/Lo Upper body Judy		HI/Lo Complete Tone Judy		Hi/Lo Lower Body Judy	Step Kathleen
0930		Cycling Katrina		Cycling Katrina		
0945	Senior Fit Judy		Senior Fit Judy		Senior Fit Karen	
1130	Intermediate Step Terry	Muscle Conditioning Sharon	Circuit Training Kathleen	Muscle Conditioning Sharon		
1630	Gut Cut Kathleen	Bottoms Up Kara	Gut Cut Kara	Bottoms Up Tammi	Gut Cut Tammi	
1700	Advanced Step Kathleen	Muscle Conditioning Sharon	Advanced Step Kara	Intermediate Step Tammi	Weighted Step Tammi	
1730		Cycling Nancie		Cycling Katrina		
1800	Start Out & Step UP Tammi	Body Balanced Kathleen	Start Out & Step UP Tammi	Body Balanced Kathleen	Body Balanced Karen	

POINT MUGU AEROBICS SCHEDULE

Point Mugu gym/ 989-7728

	Monday	Tuesday	Wednesday	Thursday	Friday
0600	Cycling Katrina	Cycling Matt	Cycling Katrina	Cycling Matt	Cycling Katrina
1130	Intermediate Step Karen	Boot Camp Geneva	Circuit Training Karen	Muscle Conditioning Geneva	
1700		Gut Cut Maritza		Gut Cut Kara	
1730	Intermediate Step Maritza	Muscle Conditioning Maritza	Intermediate Step Maritza	Intermediate Step Kara	Cycling Matt
1800	Cycling Matt		Cycling Nancie		
1830	Body Balanced Mel		Body Balanced Mel		