

# June 2019 Group Fitness Classes Patch Fitness Center

Mon-Fri 05:00-20:00 Sat 7:30-15:00 Sun/Holidays CIV 0711-680-7316

\*CLASSES SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY

<http://stuttgart.armymwr.com/europe/stuttgart/categories/sports-and-fitness>



| Mon  | Tue   | Wed  | Thu  | Fri  | Sat/Promos   |
|--|---|--|--|--|--|
| <p>3<br/>0900 Zumba Fit w/Veronica<br/><del>0845 *Spin &amp; Sculpt w/ Lindsay</del><br/>1015 Butts &amp; Guts w/Mirka<br/>1130 Buti Yoga w/Sandra<br/>1700 KRAV MAGA w/Nenad<br/>1730 Indoor Cycling w/ Raul</p>                    | <p>4<br/>0830 *Body Blast w/Emily<br/>0945 Muscle Pump w/Emily<br/>1130 All Levels Yoga w/Robin F.<br/>1715 Zumba w/NaiNai</p>        | <p>5<br/>0900 Zumba Fit w/Veronica<br/><del>0900 Indoor Cycling w/ Lindsay</del><br/>1015 HIIT (upper body) w/Mirka<br/>1130 HIIT 45 w/Mirka<br/>1730 Vinyasa All levels Yoga w/<br/>Andrea<br/>1730 Indoor Cycling w/ Raul</p>                        | <p>6<br/>0830 *Body Blast w/Emily<br/>0945 Muscle Pump w/Emily<br/>1130 All Levels Yoga w/Brienna<br/>*1715 Ashtanga Yoga w/Sandra</p>                     | <p>7<br/><del>*0900 Zumba Fit w/*Veronica</del><br/><del>1145 Indoor Cycling w/ Raul</del></p> | 8  |
| <p>10<br/>0900 Zumba w/Veronica<br/><del>0845 *Spin &amp; Sculpt w/ Lindsay</del><br/>1015 Butts &amp; Guts w/Mirka<br/>1130 Buti Yoga w/Sandra<br/>1700 KRAV MAGA w/Nenad<br/>1730 Indoor Cycling w/ Raul</p>                       | <p>11<br/>0830 Step w/Tine<br/>0945 Muscle Pump w/Emily<br/>1130 All Levels Yoga w/Robin F.<br/>1715 Zumba w/NaiNai</p>               | <p>12<br/>0900 Zumba Fit w/Veronica<br/><del>0900 Indoor Cycling w/ Lindsay</del><br/>1015 HIIT (upper body) w/Mirka<br/>1130 HIIT 45 w/Mirka<br/>1730 Vinyasa All levels Yoga w/<br/>Andrea<br/>1730 Indoor Cycling w/ Raul</p>                       | <p>13<br/>0830 *Body Blast w/ Emily<br/>0945 Muscle Pump w/Emily<br/>1130 All Levels Yoga w/Brienna<br/>*1715 Ashtanga Yoga w/Sandra</p>                   | <p>14<br/>No Classes— Facility Closed<br/>Unmanned access 0900-1500</p>                        | 15   |
| <p>17<br/>0900 Zumba w/Veronica<br/>0845 *Spin &amp; Sculpt w/ Lindsay<br/><del>1015 Butts &amp; Guts w/Mirka</del><br/>1130 Buti Yoga w/Sandra<br/>1700 KRAV MAGA w/Nenad<br/>1730 Indoor Cycling w/ Raul</p>                       | <p>18<br/>0830 Step w/Tine<br/><del>0945 Muscle Pump w/Emily</del><br/>1130 All Levels Yoga w/Robin F.<br/>1715 Zumba w/NaiNai</p>    | <p>19<br/>0900 Zumba Fit w/Veronica<br/><del>0900 Indoor Cycling w/ Lindsay</del><br/><del>1015 HIIT (upper body) w/Mirka</del><br/><del>1130 HIIT 45 w/Mirka</del><br/>1730 Vinyasa All levels Yoga w/<br/>Andrea<br/>1730 Indoor Cycling w/ Raul</p> | <p>20<br/>0830 Power Step w/Tine<br/><del>0945 Muscle Pump w/Emily</del><br/>1130 All Levels Yoga w/Brienna<br/>*1715 Ashtanga Yoga w/Sandra</p>           | <p>21<br/>*0900 Zumba Fit w/*Veronica<br/>1145 Indoor Cycling w/ Raul</p>                      | 22   |
| <p>24<br/>0900 Zumba w/Veronica<br/><del>0845 *Spin &amp; Sculpt w/ Lindsay</del><br/><del>1015 Butts &amp; Guts w/Mirka</del><br/>1130 Buti Yoga w/Sandra<br/>1700 KRAV MAGA w/Nenad<br/><del>1730 Indoor Cycling w/ Raul</del></p> | <p>25<br/>0830 Step w/Tine<br/><del>0945 Muscle Pump w/Emily</del><br/>1130 All Levels Yoga w/Robin F.<br/>1715 Zumba w/*Veronica</p> | <p>26<br/>0900 Zumba Fit w/Veronica<br/><del>0900 Indoor Cycling w/ Lindsay</del><br/>1015 HIIT (upper body) w/Mirka<br/>1130 HIIT 45 w/Mirka<br/>1730 Vinyasa All levels Yoga w/<br/>Andrea<br/>1730 Indoor Cycling w/ Raul</p>                       | <p>27<br/>0830 Power Step w/Tine<br/><del>0945 Muscle Pump w/Emily</del><br/>1130 All Levels Yoga w/*Traci<br/><del>*1715 Ashtanga Yoga w/Sandra</del></p> | <p>28<br/>*0900 Zumba Fit w/*Veronica<br/>1145 Indoor Cycling w/ Raul</p>                      | <p>29<br/>* Denotes new class/<br/>sub/instructor</p>                            |
|  |   |  |  | <p>Please note: Classes<br/>are subject to change<br/>pending instructor<br/>availability.</p> | <p>GROUP X<br/>CLASSES<br/>Cost: \$5.00/class<br/>\$45.00 for<br/>10 classes</p> |