

Panzer Fitness Center



December 2024

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 0900 Total Body Blast w/ Erica	3 0915 Vinyasa Yoga w/ Robin (meets at bldg 2917)	4 0900 Total Body Blast w/ Erica	5 0915 Yoga for Strength & Mobility w/ Robin	6 0900 Total Body Blast w/ Erica	7
9 0900 Total Body Blast w/ Erica	10 0915 Vinyasa Yoga w/ Robin	11 0900 Total Body Blast w/ Erica	12 0915 Yoga for Strength & Mobility w/ Robin	13 0900 Total Body Blast w/ Erica	14
16 0900 Total Body Blast w/ Erica	17 0915 Vinyasa Yoga w/ Robin	18 0900 Total Body Blast w/ Erica	19 0915 Yoga for Strength & Mobility w/ Robin	20 0900 Total Body Blast w/ Erica	21
23 0900 Total Body Blast w/ Erica	24 0915 Vinyasa Yoga w/ Robin	25 Federal Holiday No Classes	26 0915 Yoga for Strength & Mobility w/ Robin	27 0900 Total Body Blast w/ Erica	28
30 0900 Total Body Blast w/ Erica	31 0915 Vinyasa Yoga w/ Robin				Group Fitness Classes \$5/class or \$45 for 10 coupons