

January 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>31. 0600 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1545 Core & Stress Release Claudia 1700 KRAV MAGA w/Nenad</p>	<p>1.  0600 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga with/Jazmine</p>	<p>2. 0600 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga with/Jazmine</p>	<p>3. 0830 Power Step w/Tine 0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa 1830 Ashtanga Yoga Fundamentals w/Sandra</p>	<p>4. 0600 Wake up & Spin w/Regan 0930 Zumba w/*Veronica</p>	5.
<p>7. 0600 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1545 Core & Stress Release Claudia 1700 KRAV MAGA w/Nenad</p>	<p>8. 0715 Ashanta Yoga Fundamentals w/Sandra 0830 Step w/Tine 0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1830 Buti Yoga w/Sandra</p>	<p>9. 0600 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga with/Jazmine</p>	<p>10. 0830 Power Step w/Tine 0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa 1830 Ashtanga Yoga Fundamentals w/Sandra</p>	<p>11. 0600 Wake up & Spin w/Regan 0930 Zumba w/Viviana</p>	12.
<p>14. 0600 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1545 Core & Stress Release Claudia 1700 KRAV MAGA w/Nenad</p>	<p>15. 0715 Ashanta Yoga Fundamentals w/Sandra 0830 Step w/Tine 0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1830 Buti Yoga w/Sandra</p>	<p>16. 0600 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga with/Jazmine</p>	<p>17. 0830 Power Step w/Tine 0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa 1830 Ashtanga Yoga Fundamentals w/Sandra</p>	<p>18. 0600 Wake up & Spin w/Regan 0930 Zumba w/Viviana</p>	19.
<p>21. 0600 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1545 Core & Stress Release Claudia 1700 KRAV MAGA w/Nenad</p>	<p>22. 0715 Ashanta Yoga Fundamentals w/Sandra 0830 Step w/Tine 0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1830 Buti Yoga w/Sandra</p>	<p>23. 0600 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga with/Jazmine</p>	<p>24. 0830 Power Step w/Tine 0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa 1830 Ashtanga Yoga Fundamentals w/Sandra</p>	<p>25. 0600 Wake up & Spin w/Regan 0930 Zumba w/Viviana</p>	26.
<p>28. 0600 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1545 Core & Stress Release Claudia 1700 KRAV MAGA w/Nenad</p>	<p>29. 0715 Ashanta Yoga Fundamentals w/Sandra 0830 Step w/Tine 0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1830 Buti Yoga w/Sandra</p>	<p>30. 0600 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga with/Jazmine</p>	<p>31. 0830 Power Step w/Tine 0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa 1830 Ashtanga Yoga Fundamentals w/Sandra</p>	<p>GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes</p>	<p>*Denotes new class/ sub/temp class/ instructor</p>