

Panzer Fitness Center



November 2024

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Fitness Classes \$5/class or \$45 for 10 coupons				1 0900 Total Body Blast w/ Erica	2
4 0900 Total Body Blast w/ Erica	5 0915 Vinyasa Yoga w/ Robin	6 0900 Total Body Blast w/ Erica	7 0915 Yoga for Strength & Mobility w/ Robin	8 0900 Total Body Blast w/ Erica	9
11 Federal Holiday No Classes	12 0915 Vinyasa Yoga w/ Robin	13 0900 Total Body Blast w/ Erica	14 0915 Yoga for Strength & Mobility w/ Robin	15 0900 Total Body Blast w/ Erica	16
18 0900 Total Body Blast w/ Erica	19 0915 Vinyasa Yoga w/ Robin	20 0900 Total Body Blast w/ Erica	21 0915 Yoga for Strength & Mobility w/ Robin	22 0900 Total Body Blast w/ Erica	23
25 0900 Total Body Blast w/ Erica	26 0915 Vinyasa Yoga w/ Robin	27 0900 Total Body Blast w/ Erica	28 Federal Holiday No Classes	29 0900 Total Body Blast w/ Erica	30