



# November 2019 Group Fitness Classes RB Fitness Center

Mon-Fri 05:00-20:00 Sat 07:30-15:00

\*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
				1	2
4 0545 Indoor cycling w/ Natalie	5  1830 Indoor cycling w/ Natalie	6 0545 Indoor cycling w/ Natalie 0930 Vinyasa Flow Yoga w/Colleen	7	8	9
11  <b>Veterans Day No Classes</b>	12  1830 Indoor cycling w/ Natalie	13 0545 Indoor cycling w/ Natalie 0930 Vinyasa Flow Yoga w/Colleen	14	15	16  <b>*Denotes new class/sub/ temp class/instructor</b>
18 0545 Indoor cycling w/ Natalie	19  1830 Indoor cycling w/ Natalie	20 0545 Indoor cycling w/ Natalie 0930 Vinyasa Flow Yoga w/Colleen	21	22	23  Please note: Classes are subject to change pending instructor availability.
25 0545 Indoor cycling w/ Natalie	26  1830 Indoor cycling w/ Natalie	27 0545 Indoor cycling w/ Natalie <del>0930 Vinyasa Flow Yoga w/Colleen</del>	28  <b>Thanksgiving No Classes</b>	29	<b>GROUP X CLASSES</b> Cost: \$5.00/class \$45.00 for 10 classes