



January 2020 Group Fitness Classes Panzer Fitness Center

Mon-Fri 05:00-20:00 Sat 7:30-15:00 Sun/Holidays Closed CIV 07031.15.2724

*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 Happy New Year!	2 0530 Indoor Cycling w/ Raul 0900 Yoga w/*Robin 1630 Butts & Guts w/ Mirka	3 0900 HIIT X w/*Traci	4 * Denotes sub, new instructor, or new class
6 0900 HIIT X w/*Traci	7 0530 Indoor Cycling w/ Raul 0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka	8 0900 HIIT X w/Sanel 1730 Zumba Step w/ Nai Nai	9 0530 Indoor Cycling w/ Raul 0900 Yoga w/Brienna 1630 Butts & Guts w/ Mirka	10 0900 HIIT X w/Sanel	11 GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes
13 0900 HIIT X w/Sanel	14 0530 Indoor Cycling w/ Raul 0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka	15 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	16 0530 Indoor Cycling w/ Raul 0900 Yoga w/Brienna 1630 Butts & Guts w/ Mirka	17 0900 HIIT X w/Sanel	18
20 MLK Day No Classes	21 0530 Indoor Cycling w/ Raul 0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka	22 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	23 0530 Indoor Cycling with Raul 0900 Yoga w/Brienna 1630 Butts & Guts w/ Mirka	24 0900 HIIT X w/Sanel	25
27 0900 HIIT X w/Sanel	28 0530 Indoor Cycling w/ Raul 0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka	29 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	30 0530 Indoor Cycling w/ Raul 0900 Yoga w/Brienna 1630 Butts & Guts w/ Mirka	31 0900 HIIT X w/Sanel	30