



November 2019 Group Fitness Classes Kelley Fitness Center

Mon-Fri 05:00-20:00 Sat/Sun/Holidays 07:30-15:00 CIV 0711-729-2543

<http://stuttgart.armymwr.com/europe/stuttgart/categories/sports-and-fitness>



Mon	Tue	Wed	Thu	Fri	Sat/Promos
				1 0930 Cardio Kick & Sculpt w/Becky 1145 Zumba w/ NaiNai	2 *Denotes new class/sub/temp class/instructor
4 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/ Macie	5 0930* Barre Above Boot Camp w/Lindsay 1130 Yoga w/Brienna	6 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/Robin F.	7 1000 Barre Above Boot Camp w/Lindsay 1130* Spin w/ Lindsay	8 0930 Cardio Kick & Sculpt w/Becky 1145 Zumba w/ NaiNai	9 Please note: Classes are subject to change pending instructor availability.
11 Veterans Day No Classes	12 0930* Barre Above Boot Camp w/Lindsay 1130 Yoga w/Brienna	13 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/Robin F.	14 1000 Barre Above Boot Camp w/Lindsay 1130* Spin w/ Lindsay	15 0930 *Boot Camp w/ Mirka 1145 Zumba w/ NaiNai	16
18 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/ Macie	19 0930* Barre Above Boot Camp w/Lindsay 1130 Yoga w/Brienna	20 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/Robin F.	21 1000 Barre Above Boot Camp w/Lindsay 1130* Spin w/ Lindsay	22 0930 Cardio Kick & Sculpt w/Becky 1145 Zumba w/ NaiNai	23
25 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/ Macie	26 0930* Barre Above Boot Camp w/Lindsay 1130 Yoga w/Brienna	27 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/Robin F.	28 Thanksgiving No Classes	29 0930 Cardio Kick & Sculpt w/Becky 1145 Zumba w/ NaiNai	30 GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes