



November 2019 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. 0900 HIIT X w/Sanel	2. * Denotes sub, new instructor, or new class
4. 0900 HIIT X w/Sanel	5. *0530 Indoor Cycling w/ Raul *0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka	6. 0900 HIIT X w/Sanel 1730 Zumba Step w/ Nai Nai	7. *0530 Indoor Cycling w/ Raul 0900 Yoga w/Brienna 1630 Butts & Guts w/ Mirka	8. 0900 HIIT X w/Sanel	9. GROUP X CLASSES Cost: \$5.00/class \$45.00 for
11. Veterans Day No Classes	12. *0530 Indoor Cycling w/ Raul *0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka	13. 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	14. *0530 Indoor Cycling w/ Raul 0900 Yoga w/Brienna 1630 Butts & Guts w/ Mirka	15. 0900 HIIT X w/Sanel	16. 1000 Zumbathon Patch Fitness Center
18. 0900 HIIT X w/Sanel	19. *0530 Indoor Cycling w/ Raul *0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka	20. 0900 HIIT X w/Sanel 1730 Zumba Step w/ Nai Nai	21. *0515 AM Spin w/ A-M 0900 Yoga w/Brienna 1630 Butts & Guts w/ Mirka	22. 0900 HIIT X w/Sanel	23.
25. 0900 HIIT X w/Sanel	26. *0530 Indoor Cycling w/ Raul *0900 Yoga w/Andrea 1630 Bootcamp w/ Mirka	27. 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	28. Thanksgiving No Classes	29. 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	30.