

January 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
31. 0900 HIIT X w/Sanel	1.  HAPPY NEW YEAR	2. 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	3. 0900 Yoga w/Brienna 1630 Bootcamp w/Mirka	4. 0900 HIIT X w/Sanel	5.
7. 0900 HIIT X w/Sanel	8. 0900 Bootcamp w/ Mirka *1130 Yoga w/Andrea 1630 Bootcamp w/ Mirka	9. 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	10. 0900 Yoga w/Brienna 1630 Bootcamp w/Mirka	11. 0900 HIIT X w/Sanel	12.
14. 0900 HIIT X w/Sanel	15. 0900 Bootcamp w/ Mirka *1130 Yoga w/Andrea 1630 Bootcamp w/ Mirka	16. 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	17. 0900 Yoga w/Brienna 1630 Bootcamp w/Mirka	18. 0900 HIIT X w/Sanel	19.
21. 0900 HIIT X w/Sanel	22. 0900 Bootcamp w/ Mirka *1130 Yoga w/Andrea 1630 Bootcamp w/ Mirka	23. 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	24. 0900 Yoga w/Brienna 1630 Bootcamp w/Mirka	25. 0900 HIIT X w/Sanel	26.
28. 0900 HIIT X w/Sanel	29. 0900 Bootcamp w/ Mirka *1130 Yoga w/Andrea 1630 Bootcamp w/ Mirka	30. 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	31. 0900 Yoga w/Brienna 1630 Bootcamp w/Mirka	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes	* Denotes sub, new instructor, or new class