



January 2020 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 Happy New Year!! | 2 | 3 | 4 |
| 6 0545 Indoor cycling w/ Natalie | 7 | 8 0545 Indoor cycling w/ Natalie 0930 Vinyasa Flow Yoga w/Colleen | 9 | 10 | 11 |
| 13 0545 Indoor cycling w/ Natalie | 14 | 15 0545 Indoor cycling w/ Natalie 0930 Vinyasa Flow Yoga w/Colleen | 16 | 17 | 18 *Denotes new class/sub/ temp class/instructor |
| 20 MLK Day No Classes | 21 | 22 0545 Indoor cycling w/ Natalie 0930 Vinyasa Flow Yoga w/Colleen | 23 | 24 | 25 Please note: Classes are subject to change pending instructor availability. |
| 27 0545 Indoor cycling w/ Natalie | 28 | 29 0545 Indoor cycling w/ Natalie 0930 Vinyasa Flow Yoga w/Colleen | 30 | 31 | GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes |