



PATCH FITNESS CENTER-JULY 2017 GROUP X

Hours of Operation: Mon-Fri 05:00-20:00 Sat/Sun/Holidays 07:30-15:00

* CLASSES ARE SUBJECT TO CHANGE BASED ON INSTRUCTOR AVAILABILITY. FRONT DESK 430-7136

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



Mon	Tue	Wed	Thu	Fri	Sat/Promos
Group X Cost: \$5.00/class \$45.00 for 10 classes	<u>Monthly Updates</u> ⇒ TRAINING HOLIDAYS July 3rd ⇒ Run to Remember registration ends July 25th ⇒ Run To Remember July 29 @ 0715 ⇒ Indicates SUB or NEW instructor. ⇒ *Indicates new class				1.
3. *1000 Cardio Combat w/ Kristian ATTENTION: TRAINING HOLIDAY HOURS: 0500-1300	4. 0615 Muscle Pump w/Quest 0945 Muscle Pump w/Heather	5. 0615 Wake up & Spin w/Quest 0900 Zumba w/ Viviana *1130 Club Cardio w/ Kristian 1540 Pilates w/Heather	6. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1805 R.I.P.P.E.D. w/LaShan	7. 0730 Yoga w/Andy 0930 Zumba w/Viviana	8. *0800 Club Cardio w/ Kristian
10. 0615 Wake up & Spin w/ Karen 0900 Zumba w/ Viviana *1000 Cardio Combat w/ Kristian 1800 Yoga w/Andy	11. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/ Kelli 1130 Beginner Yoga w/Sarah 1805 R.I.P.P.E.D. w/LaShan	12. 0615 Wake up & Spin w/Quest 0830 Flow & Restore Yoga w/Sarah 0900 Zumba w/ Viviana *1130 Club Cardio w/ Kristian 1715 Stress Release Yoga w/Sarah	13. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/ Kelli 1130 Beginner Yoga w/Sarah 1655 Vinyasa Yoga w/Sarah 1805 R.I.P.P.E.D. w/LaShan	14. 0730 Yoga w/Andy 0930 Zumba w/Viviana	15. *0800 Cardio Combat w/ Kristian
17. 0615 Wake up & Spin w/ Karen 0900 Zumba w/ Viviana *1000 Cardio Combat w/ Kristian 1540 Pilates w/Heather 1800 Yoga w/Andy	18. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah	19. 0615 Wake up & Spin w/Quest 0830 Flow & Restore Yoga w/Sarah 0900 Zumba w/ Viviana *1130 Club Cardio w/ Kristian 1540 Pilates w/Heather 1715 Stress Release Yoga w/Sarah	20. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1655 Vinyasa Yoga w/Sarah	21. 0730 Yoga w/Andy 0930 Zumba w/Viviana	22. 0830 All levels yoga w/Sarah *1000 Club Cardio w/ Kristian
24./31. 0615 Wake up & Spin w/ Quest_Karen *1000 Cardio Combat w/ Kristian 1540 Pilates w/Heather 1800 Yoga w/Andy	25. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1805 R.I.P.P.E.D. w/LaShan	26. 0615 Wake up & Spin w/Quest 0830 Flow & Restore Yoga w/Sarah *1130 Club Cardio w/ Kristian 1540 Pilates w/Heather 1715 Stress Release Yoga w/Sarah	27. 0615 Muscle Pump w/Quest 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1655 Vinyasa Yoga w/Sarah 1805 R.I.P.P.E.D. w/LaShan	28. 0730 Yoga w/Andy	29. *0800 Cardio Combat w/ Kristian Run to Remember 0715-Opening ceremonies begin 0800-1/2 marathon begin 0810-5K begins

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Mon	Tue	Wed	Thu	Fri	Sat/Promos
GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes	*INDICATES NEW CLASS/SUB PZ-PANZER KASERNE KB-KELLEY BARRACKS RB-ROBINSON BARACKS	<u>Monthly Updates</u> ⇒ TRAINING HOLIDAY-HOURS: July 3 from 0500-1300 ⇒ Run to Remember July 29th			1.
3. 0900 PZ HITT X/Mirka ATTENTION: TRAINING HOLIDAY HOURS: 0500-1300	4. 0900 PZ Bootcamp w/Mirka *1030 PZ Club Cardio w/Kristian	5. 1130 PZ All Levels Yoga w/Robin F.	6. 0900 PZ STRENGTH X w/Mirka 0600 KB Indoor Cycling w/Jay 1200 KB Indoor Cycling w/ Arnie	7. *0900 PZ Cardio Combat w/Kristian	8.
10. 0900 PZ HITT X/Mirka 0800 RB Bootcamp w/Rocky 0915 RB Chisel w/Rocky	11. 0900 PZ Bootcamp w/Rocky *1030 PZ Club Cardio w/Kristian *1130 KB Yoga w/Robin F. 1645 RB HITT w/Rocky	12. 1130 PZ All Levels Yoga w/Robin F. 0800 RB Bootcamp w/Rocky 0915 RB Chisel w/Rocky	13. 0900 PZ STRENGTH X w/Rocky 0600 KB Indoor Cycling w/Jay 1200 KB Indoor Cycling w/ Arnie 1645 RB HITT w/Rocky	14. *0900 PZ Cardio Combat w/Kristian	15.
17. 0900 PZ HITT X w/Rocky 0800 RB Bootcamp w/Rocky 0915 RB Chisel w/Rocky	18. 0900 PZ Bootcamp w/Rocky *1030 PZ Club Cardio w/Kristian *1130 KB Yoga w/Robin F. 1645 RB HITT w/Rocky	19. 1130 PZ All Levels Yoga w/Robin F. 0800 RB Bootcamp w/Rocky 0915 RB Chisel w/Rocky	20. 0900 PZ STRENGTH X w/Rocky 0600 KB Indoor Cycling w/Jay 1200 KB Indoor Cycling w/ Arnie 1645 RB HITT w/Rocky	21. *0900 PZ Cardio Combat w/Kristian	22.
24./31. 0900 PZ HITT X/Mirka 0800 RB Bootcamp w/Rocky 0915 RB Chisel w/Rocky	25. 0900 PZ Bootcamp w/Rocky *1030 PZ Club Cardio w/Kristian *1130 KB Yoga w/Robin F. 1645 RB HITT w/Rocky	26. 1130 PZ All Levels Yoga w/Robin F. 0800 RB Bootcamp w/Rocky 0915 RB Chisel w/Rocky	27. 0900 PZ STRENGTH X w/Rocky 0600 KB Indoor Cycling w/Jay 1200 KB Indoor Cycling w/ Arnie 1645 RB HITT w/Rocky	28. *0900 PZ Cardio Combat w/Kristian	29. Run to Remember 0715-Opening ceremonies begin 0800-1/2 marathon begin 0810-5K begins Kelley Fitness Center Closed