



PATCH FITNESS CENTER-SEPT 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
Monthly Updates ⇒ Patch Fitness Center Open House & Aerobathon Sept. 9th 1000-1200 ⇒ Labor Day Patch Hours 0730-1500	Group X Cost: \$5.00/class \$45.00 for 10 classes			1. Organizational Day	2.
4. Labor Day! 0730-1500	5. 0615 Muscle Pump w/Quest 0830 Pilates w/Heather 0945 Muscle Pump w/ Kelli 1130 Beginner Yoga w/Sarah 1800 RIPPED w/Lashan	6. 0615 Wake up & Spin w/Quest 0830 Flow and Restore Yoga w/Sarah 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1715 Stress Release Yoga w/Sarah	7. 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	8. 0615 Wake up & Spin w/Quest 0730 Yoga w/Andy 0930 Zumba w/ Rachael	9. 0830 All levels yoga w/Sarah Patch Fitness Center Open House & Aerobathon Sept. 1000-1200
11. 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1800 Yoga w/Andy	12. 0830 Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1800 RIPPED w/Lashan	13. 0830 Flow and Restore Yoga w/Sarah 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1715 Stress Release Yoga w/Sarah	14. 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1655 Vinyasa Yoga w/Sarah 1805 RIPPED w/Lashan	15. 0730 Yoga w/Andy 0930 Zumba w/Viviana	16.
18. 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1800 Yoga w/Andy	19. 0830 Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1800 RIPPED w/Lashan	20. 0830 Flow and Restore Yoga w/Sarah 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1715 Stress Release Yoga w/Sarah	21. 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1655 Vinyasa Yoga w/Sarah	22. <u>SCHOOL HOLIDAY</u> 0730 Yoga w/Andy 0930 Zumba w/Viviana	23.
25. 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1800 Yoga w/Andy	26. 0830 Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1800 RIPPED w/Lashan	27. 0615 Wake up & Spin w/Quest 0830 Flow and Restore Yoga w/Sarah 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1715 Stress Release Yoga w/Sarah	28. 0830 Power Step w/Tine 0615 Muscle Pump w/Quest 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1655 Vinyasa Yoga w/Sarah 1805 RIPPED w/Lashan	29. 0615 Wake up & Spin w/Quest 0730 Yoga w/Andy 0930 Zumba w/Viviana	30.

September 2017

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Mon	Tue	Wed	Thu	Fri	Sat/Promos
Monthly Updates ⇒ Spin postponed until Oct. 5 at Kelley FC. ⇒ Zumba postponed until after labor day. ⇒ Patch FC Aerobathon coming Sept. 9 from 10-12 am.	*INDICATES NEW CLASS/ SUB PZ-PANZER KASERNE KB-KELLEY BARRACKS RB-ROBINSON BARACKS	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes		1. Organizational Day	2.
4. Labor Day! Patch Fitness Center Open 0730-1500	5. 0900 PZ Bootcamp w/Robin 0930 KB Zumba w/Rachael 1130 KB Yoga w/Robin F.	6. 0845 PZ Spin w/Danielle 1000 PZ Guts and Butts w/Danielle 1130 PZ Yoga w/Robin F. 1000 KB HIIT w/Mirka 0800 RB Chisel/HIIT w/Rocky 0915 RB Back to Me w/Rocky 1630 RB HIIT w/Rocky	7. 0900 PZ Chisel HIIT X w/Rocky 1700 RB Spin w/Rocky 1830 KB Zumba w/Rachael	8. 0845 PZ Spin w/Kelli	9.
11. 0830-RB Boot Camp 0945 RB Back-to-Me cardio blac	12. 0900 PZ Bootcamp w/Robin 0930 KB Zumba w/Rachael 1130 KB Yoga w/Robin F.	13. 0845 PZ Spin w/Danielle 1000 PZ Guts and Butts w/Danielle 1130 PZ Yoga w/Robin F. 1000 KB HIIT w/Mirka 1630 RB HIIT w/Rocky	14. 0900 PZ Chisel HIIT X w/Rocky 1700 RB Spin w/Rocky 1830 KB Zumba w/Rachael	15. 0845 PZ Spin w/Kelli	16.
18. 0845 PZ Spin w/Danielle 0830-RB Boot Camp 0945 RB Back-to-Me cardio blac	19. 0900 PZ Bootcamp w/Robin 1000 PZ Zumba w/Viviana 0930 KB Zumba w/Rachael 1130 KB Yoga w/Robin F.	20. 0845 PZ Spin w/Danielle 1000 PZ Guts and Butts w/Danielle 1130 PZ Yoga w/Robin F. 1000 KB HIIT w/Mirka 0800 RB Chisel/HIIT w/Rocky 0915 RB Back to Me w/Rocky 1630 RB HIIT w/Rocky	21. 0900 PZ Chisel HIIT X w/Rocky *0930 RB Zumba w/Viviana 1700 RB Spin w/Rocky 1830 KB Zumba w/Rachael	22. <u>SCHOOL HOLIDAY</u>	23.
25. 0845 PZ Spin w/Danielle 0830-RB Boot Camp 0945 RB Back-to-Me cardio blac	26. 0900 PZ Bootcamp w/Robin 1000 PZ Zumba w/Viviana 0930 KB Zumba w/Rachael 1130 KB Yoga w/Robin F.	27. 0845 PZ Spin w/Danielle 1000 PZ Guts and Butts w/Danielle 1130 PZ Yoga w/Robin F. 1000 KB HIIT w/Mirka 0800 RB Chisel/HIIT w/Rocky 0915 RB Back to Me w/Rocky 1630 RB HIIT w/Rocky	28. 0900 PZ Chisel HIIT X w/Rocky *0930 RB Zumba w/Viviana 1700 RB Spin w/Rocky 1830 KB Zumba w/Rachael	29 0845 PZ Spin w/Kelli	