

November 2017 Kelley

Mon-Fri 05:00-20:00 Sat 7:30-15:00 Sun/Holidays Closed CIV 0711-729-2543

*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
GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes		1. 1000 HIIT w/Mirka	2. 0600 Spin w/Harvey/Jay	3.	4.
6.	7. 0930 Zumba w/Rachael 1130 Yoga w/Robin F.	8. 1000 HIIT w/Mirka 1130 Yoga w/Brandy	9. 0600 Spin w/Harvey/Jay	10. Veteran's Day 	11.
13.	14. 0930 Zumba w/Rachael 1130 Yoga w/Robin F.	15. 1000 HIIT w/Mirka 1130 Yoga w/Robin	16. 0600 Spin w/Harvey/Jay	17.	18.
20.	21. 0930 Zumba w/Rachael 1130 Yoga w/Robin F.	22. 1000 HIIT w/Mirka	23. CLOSED 	24.	25.
27.	28. 0930 Zumba w/Rachael 1130 Yoga w/Robin F.	29. 1000 HIIT w/Mirka 1130 Yoga w/Brandy	30. 0600 Spin w/Harvey/Jay		