



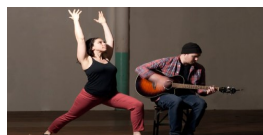
November 2017 Patch

Mon-Fri 05:00-20:00 Sat 7:30-15:00 Sun/Holidays CIV 0711-680-7316

*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. 0615 Wake up & Spin w/Quest 0830 Flow & Restore Yoga w/Sarah 0900 Spin w/Kelli 0900 Zumba w/Robin 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1715 Stress Release Yoga w/Sarah	2. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1540 All Levels Yoga w/Sarah 1800 RIPPED w/Lashan	3. 0615 Wake up & Spin w/Quest 0715 Yoga w/Andy 0930 Zumba w/ Rachael	4.
6. 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1800 Yoga w/Andy	7. 0615 Muscle Pump w/ Heather 0830 Step w/Tine 0945 Muscle Pump w/ Kelli 1130 Beginner Yoga w/Sarah 1800 RIPPED w/Lashan	8. 0900 Spin w/Kelli 0900 Zumba w/Robin 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1715 Stress Release Yoga w/ Andy	9. 0615 Muscle Pump w/ Heather 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/ Andy 1800 RIPPED w/Lashan	10. 0930 Zumba w/Viviana	11. Veteran's Day 
13. 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1800 Yoga w/Andy	14. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1800 RIPPED w/Lashan	15. 0615 Wake up & Spin w/Quest 0830 Flow & Restore Yoga w/Sarah 0900 Spin w/Kelli 0900 Zumba w/Robin 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1715 Stress Release Yoga w/Sarah	16. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1540 All Levels Yoga w/Sarah 1800 RIPPED w/Lashan	17. 0615 Wake up & Spin w/Quest 0715 Yoga w/Andy 0930 Zumba w/Viviana	18. 0830 Yoga Flow w/Sarah Live acoustic guitar! 
20. 0615 Wake up & Spin w/Quest 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1800 Yoga w/Andy	21. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1800 RIPPED w/Lashan	22. 0615 Wake up & Spin w/Quest 0830 Flow & Restore Yoga w/Sarah 0900 Spin w/Kelli 0900 Zumba w/Robin 1015 Muscle Pump w/Kelli 1715 Stress Release Yoga w/Sarah	23 CLOSED 	24. 0715 Yoga w/Andy	25.
27. 0615 Wake up & Spin w/Quest 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1800 Yoga w/Andy	28. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/ Andy 1800 RIPPED w/Lashan	29. 0615 Wake up & Spin w/Quest 0830 Flow & Restore Yoga w/Sarah 0900 Spin w/Kelli 0900 Zumba w/Robin 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1715 Stress Release Yoga w/Sarah	30. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1540 All Levels Yoga w/Sarah 1800 RIPPED w/Lashan		