

January 2018 Group Fitness Classes Patch Fitness Center

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
1. CLOSED 	2. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1800 RIPPED w/Lashan	3. 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	4. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1800 RIPPED w/LaShan	5. 0715 Yoga w/Andy 0930 Zumba w/Rachael	6. 0830 Gentle Flow with Yoga Nidra w/Sarah
8. 0615 Wake up & Spin w/Quest 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1700 KRAV MAGA w/Nenad	9. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Kelli 1130 Beginner Yoga w/Sarah 1800 RIPPED w/Lashan	10. 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/Claudia 1715 Stress Release Yoga w/Sarah	11. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1800 RIPPED w/LaShan	12. 0930 Zumba w/Viviana	13.
15. MLK DAY! NO CLASS!	16. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1800 RIPPED w/Lashan	17. 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	18. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1800 RIPPED w/LaShan	19. 0715 Yoga w/Andy 0930 Zumba w/Viviana	20.
22. 0615 Wake up & Spin w/Regan 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1700 KRAV MAGA w/Nenad	23. 0615 Muscle Pump w/Heather 0830 Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1800 RIPPED w/Lashan	24. 0615 Wake up & Spin w/Regan 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	25. 0615 Muscle Pump w/Heather 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1800 RIPPED w/LaShan	26. 0715 Yoga w/Robin F. 0930 Zumba w/Viviana	27.
29. 0615 Wake up & Spin w/Quest 0900 Spin w/Kelli 0900 Zumba w/Robin G. 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1700 KRAV MAGA w/Nenad	30. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Heather *1130 Pilates w/Heather	31. 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		* Denotes sub, new instructor, or new class.	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes