

APRIL 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
2. SPRING BREAK!! 0615 Wake up & Spin w/Quest 1015 Muscle Pump w/ Heather 1540 Pilates w/Heather 1700 KRAV MAGA w/Nenad 1830 Spinning w/Allie	3. SPRING BREAK!! 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Heather	4. SPRING BREAK!! 0615 Wake up & Spin w/Quest 0900 Zumba w/ Rachael 1015 Muscle Pump w/ Heather 1830 Spinning w/Allie	5. SPRING BREAK!! 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/ Emily *1800 Cardio Kickboxing w/ Becky	6. SPRING BREAK!! 0615 Wake up & Spin w/ Quest 0715 Yoga w/Andy 0930 Zumba w/ Rachael	7.
9. 0615 Wake up & Spin w/Quest 0900 Spin w/Kelli 0900 Zumba w/Robin 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1700 KRAV MAGA w/Nenad	10.. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/ Emily 1130 Beginner Yoga w/Sarah	11. 0615 Wake up & Spin w/Quest 0830 Flow & 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	12. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/ Emily 1130 Beginner Yoga w/Sarah 1630 Stretch & Meditation w/Claudia *1800 Cardio Kickboxing w/ Becky	13. 0615 Wake up & Spin w/Regan 0715 Yoga w/Andy 0930 Zumba w/Viviana	14. 0830 Yoga All levels w/Sarah
16. 0615 Wake up & Spin w/Quest 0900 Spin w/Kelli 0900 Zumba w/Robin 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1700 KRAV MAGA w/Nenad 1830 Spinning w/Allie	17. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah	18. 0615 Wake up & Spin w/Quest 0830 Flow & Restore Yoga w/Sarah 0900 Zumba w/Robin *1540 Pilates & Meditation w/Claudia 1715 Stress Release Yoga w/Sarah 1830 Spinning w/Allie	19. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/Heather 1130 Beginner Yoga w/Sarah 1630 Stretch & Meditation w/Claudia *1800 Cardio Kickboxing w/ Becky	20. 0615 Wake up & Spin w/Regan 0715 Yoga w/Andy 0930 Zumba w/Viviana	21. 0930 Zumba w/Vivi
23. 0900 Zumba w/Robin *1540 Pilates & Meditation w/ Claudia 1700 KRAV MAGA w/Nenad	24. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/ Emily 1130 Beginner Yoga w/Sarah *1715 Zumba w/Theresa	25. 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	26. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/ Emily 1130 Beginner Yoga w/Sarah 1630 Stretch & Meditation w/Claudia *1800 Cardio Kickboxing w/ Becky	27. 0615 Wake up & Spin w/Regan 0715 Yoga w/Andy 0930 Zumba w/Viviana	28.
30. 0615 Wake up & Spin w/Quest 0900 Spin w/Kelli 0900 Zumba w/Robin 1015 Muscle Pump w/Kelli 1540 Pilates w/Heather 1700 KRAV MAGA w/Nenad				* Denotes sub, new instructor, or new class.	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes