

June 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
GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes	Attention: Spinning with Allie D. on the 4th and 6th will be at 1630. Normal class time of 1830 will resume on the 11th.			1. 0615 Wake up & Spin w/Regan 0715 Yoga w/Andy 0930 Zumba w/Viviana	2.
4. 0615 Wake up & Spin w/Quest 0900 Zumba w/Robin 1545 Core/Stretch/Meditate w/Claudia 1700 KRAV MAGA w/Nenad 1630 Spinning w/Allie	5. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F 1715 Zumba w/NaiNai	6. 0615 Wake up & Spin w/Quest 0900 Zumba w/Robin 1015 HIIT w/Mirka 1630 Spinning w/Allie 1730 Vinyasa All levels Yoga with/Jazmine	7. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1700 Core/Stretch/Meditate w/Claudia	8. 0615 Wake up & Spin w/Regan 0715 Yoga w/Andy 0930 Zumba w/Viviana	9.
11. 0900 Zumba w/Robin 1545 Core/Stretch/Meditate w/Claudia 1700 KRAV MAGA w/Nenad 1830 Spinning w/Allie	12. 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F 1715 Zumba w/NaiNai	13. 0900 Zumba w/Robin 1730 All levels Yoga with/Jazmine 1015 HIIT w/Mirka 1730 Vinyasa All levels Yoga with/Jazmine 1830 Spinning w/Allie	14. 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1700 Core/Stretch/Meditate w/Claudia	15. 0715 Yoga w/Andy 0930 Zumba w/Viviana	16.
18. 0615 Wake up & Spin w/Quest 0900 Zumba w/Robin 1545 Core/Stretch/Meditate w/Claudia 1700 KRAV MAGA w/Nenad 1830 Spinning w/Allie	19. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F 1715 Zumba w/NaiNai	20. 0615 Wake up & Spin w/Quest 0900 Zumba w/Robin 1730 Vinyasa All levels Yoga with/Jazmine 1830 Spinning w/Allie	21. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1700 Core/Stretch/Meditate w/Claudia	22. 0715 Yoga w/Andy 0930 Zumba w/Viviana	23.
25. 0615 Wake up & Spin w/Quest 0900 Zumba w/Viviana 1700 KRAV MAGA w/Nenad 1830 Spinning w/Allie	26. 0615 Muscle Pump w/Quest 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai	27. 0615 Wake up & Spin w/Quest 0900 Zumba w/Robin 1730 Vinyasa All levels Yoga with/Jazmine 1830 Spinning w/Allie	28. 0615 Muscle Pump w/Quest 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna	29. 0615 Wake up & Spin w/Quest 0715 Yoga w/Andy 0930 Zumba w/Viviana	30.