

AUGUST 2018 Group Fitness Classes Kelley Fitness Center

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
Attention patrons: All Group X classes will be held in the upstairs room of the Kelley Theater until further notice.	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes	1. 1130 Yoga w/Robin F. 1700 Cardio Dance w/Theresa	2. *1130 Yoga w/Robin F.	3. 1000 Bootcamp w/Mirka	4.
6	7. 1130 Yoga w/Brandy 1700 Zumba w/Theresa	8. 1130 Yoga w/Robin F. 1700 Cardio Dance w/Theresa	9. 1130 Yoga w/Brandy	10. 1000 Bootcamp w/Mirka	11.
13.	14. 1130 Yoga w/Brandy 1700 Zumba w/Theresa	15. 1130 Yoga w/Robin F. 1700 Cardio Dance w/Theresa	16. 1130 Yoga w/Brandy	17. 1000 Bootcamp w/Mirka	18.
20.	21. 1130 Yoga w/Brandy	22. 1130 Yoga w/Robin F.	23. *1130 Core/Stretch/Meditate w/Claudia	24. 1000 Bootcamp w/Mirka	25.
27.	28. 1130 Yoga w/Brienna	29. 1130 Yoga w/Robin F.	30. *1130 Core/Stretch/Meditate w/Claudia	31.	* Denotes sub, new instructor, or new class.