

August 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
Sports & Conditioning with Tommie Edwards Session 1 July 10-Aug 9 Session 2 Aug 14-Sept 6 \$65 per person/session \$10 single class drop ins	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes	1. 0615 Wake up & Spin w/Quest 0900 Zumba w/Robin G. 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga with/Jazmine	2. 0615 Muscle Pump w/Quest 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Core/Stretch/Meditate w/Claudia	3. 0615 Wake up & Spin w/Regan 0715 Yoga w/Andy 0930 Zumba w/ Robin G.	4.
6. 0615 Wake up & Spin w/Quest 0900 Zumba w/Robin G. *1015 Butts & Guts w/Mirka 1545 Core/Stretch/Meditate w/Claudia 1700 KRAV MAGA w/Nenad	7. 0615 Muscle Pump w/Quest 1130 All Levels Yoga w/Robin F. 0945 Muscle Pump w/Emily 1715 Zumba w/NaiNai 1815 Strength & Conditioning Session 1 w/Tommie (basketball court)	8. 0615 Wake up & Spin w/Quest 0900 Zumba w/Robin G. 1730 Vinyasa All levels Yoga with/Jazmine	9. 0945 Muscle Pump w/Emily *1130 Core/Stretch/Meditate w/Claudia 1715 Core/Stretch/Meditate w/Claudia 1815 Strength & Conditioning Session 1 w/Tommie (basketball court)	10. 0615 Wake up & Spin w/Regan 0930 Zumba w/ Robin G.	11.
13. 0900 Zumba w/Robin G. *1015 Butts & Guts w/Mirka 1545 Core/Stretch/Meditate w/Claudia 1700 KRAV MAGA w/Nenad	14. 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1815 Strength & Conditioning Session 2 w/Tommie (basketball court)	15. 0615 Wake up & Spin w/Quest 0900 Zumba w/Robin G. 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga with/Jazmine	16. 0945 Muscle Pump w/Emily *1130 All Levels Yoga w/ Robin F. 1715 Core/Stretch/Meditate w/Claudia 1815 Strength & Conditioning Session 2 w/Tommie (basketball court)	17. 0615 Wake up & Spin w/Regan 0715 Yoga w/Andy 0930 Zumba w/ Robin G.	18.
20. 0900 Zumba w/Robin G. *1015 Butts & Guts w/Mirka 1545 Core/Stretch/Meditate w/Claudia 1700 KRAV MAGA w/Nenad 1830 Spinning w/Allie	21. 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1815 Strength & Conditioning Session 2 w/Tommie (basketball court)	22. 0900 Zumba w/Robin G. 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga with/Jazmine	23. 0945 Muscle Pump w/Emily *1130 All Levels Yoga w/ Robin F. 1715 Core/Stretch/Meditate w/Claudia 1815 Strength & Conditioning Session 2 w/Tommie (basketball court)	24. 0615 Wake up & Spin w/Regan 0715 Yoga w/Andy 0930 Zumba w/ Robin G.	25.
27. 0900 Zumba w/Robin G. *1015 Butts & Guts w/Mirka 1545 Core/Stretch/Meditate w/Claudia 1700 KRAV MAGA w/Nenad	28. 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1815 Strength & Conditioning Session 2 w/Tommie (basketball court)	29. 0615 Wake up & Spin w/Quest 0900 Zumba w/Robin G. 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga with/Jazmine	30. 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Core/Stretch/Meditate w/Claudia 1815 Strength & Conditioning Session 2 w/Tommie (basketball court)	31. 0615 Wake up & Spin w/Regan	30.