

OCTOBER 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. 0615 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 Butts & Guts w/Mirka *1130 *Buti Yoga w/Sandra 1545 Core & Stress Release Claudia 1700 KRAV MAGA w/Nenad	2. *0715 Ashanta Yoga Fundamentals w/Sandra 0830 Step w/Tine *0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1830 *Buti Yoga w/Sandra	3. 0615 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 HIIT w Mirka 1200 Core & Stress Release Claudia 1730 Vinyasa All levels Yoga with/Jazmine	4. *0615 Yoga w/Brandy 0830 Power Step w/Tine *0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa	5. 0615 Wake up & Spin w/Regan *0930 Zumba w/Robin G.	6.
8. 1700 KRAV MAGA w/Nenad COLUMBUS DAY!	9. *0715 Ashanta Yoga Fundamentals w/Sandra 0830 Step w/Tine *0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1830 *Buti Yoga w/Sandra	10. 0615 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 HIIT w Mirka 1200 Core & Stress Release Claudia 1730 Vinyasa All levels Yoga with/Jazmine	11. *0615 Yoga w/Brandy 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa	12. 0615 Wake up & Spin w/Regan 0715 Yoga w/Andy 0930 Zumba w/Viviana	13. *1000 Yoga w/Brienna (FREE CUSTOMER APPRECIATION CLASS)
15. 0615 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 Butts & Guts w/Mirka *1130 *Buti Yoga w/Sandra 1545 Core & Stress Release Claudia 1700 KRAV MAGA w/Nenad	16. *0715 Ashanta Yoga Fundamentals w/Sandra 0830 Step w/Tine *0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1830 *Buti Yoga w/Sandra	17. 0615 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 HIIT (upper body) w/Mirka 1200 Core & Stress Release Claudia 1730 Vinyasa All levels Yoga with/Jazmine	18. *0615 Yoga w/Brandy 0830 Power Step w/Tine *0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa	19. 0715 Yoga w/Andy 0930 Zumba w/Viviana	20. *0830 Bootcamp w/Mirka
22. 0615 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 Butts & Guts w/Mirka *1130 *Buti Yoga w/Sandra 1545 Core & Stress Release Claudia 1700 KRAV MAGA w/Nenad	23. *0715 Ashanta Yoga Fundamentals w/Sandra 0830 Step w/Tine *0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai *1830 *Buti Yoga w/Sandra	24. 0615 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 HIIT w Mirka 1200 Core & Stress Release Claudia 1730 Vinyasa All levels Yoga with/Jazmine	25. *0615 Yoga w/Brandy 0830 Power Step w/Tine *0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa	26. 0615 Wake up & Spin w/Regan 0715 Yoga w/Andy 0930 Zumba w/Viviana	27. *0830 Bootcamp w/Mirka The Great Pumpkin Run 5K Fun Run/Walk 0900 Patch Fitness Center
29. 0615 Wake up & Spin w/Regan 0900 Zumba w/Robin G. 1015 Butts & Guts w/Mirka *1130 *Buti Yoga w/Sandra 1545 Core & Stress Release Claudia 1700 KRAV MAGA w/Nenad	30. *0715 Ashanta Yoga Fundamentals w/Sandra 0830 Step w/Tine *0830 Spin w/Regan 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1830 *Buti Yoga w/Sandra	31. 0615 Wake up & Spin w/Regan 0900 Halloween Zumba w/Robin G. 1015 HIIT (upper body) w/Mirka 1200 Core & Stress Release Claudia 1730 Vinyasa All levels Yoga with/Jazmine		* Denotes new class/sub/instructor	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes