

December 2018 Group Fitness Classes Panzer Fitness Center

Mon-Fri 05:00-20:00 Sat 7:30-15:00 Sun/Holidays Closed CIV 07031.15.2724

*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	* Denotes sub, new instructor, or new class				1.
3. 0900 HIIT X w/Sanel	4. 0830 HIIT & Upper Body w/Mirka 1630 Bootcamp w/ Mirka	5. 0900 HIIT X w/Sanel 1735 Zumba w/ Nai Nai	6. 0900 Yoga w/Brienna 1630 Bootcamp w/Mirka	7. 0900 HIIT X w/Sanel	8.
10. 0900 HIIT X w/Sanel	11. 0830 HIIT & Upper Body w/Mirka 1630 Bootcamp w/ Mirka	12. 0900 HIIT X w/Sanel 1735 Zumba w/ Nai Nai	13. 0900 Yoga w/Brienna 1630 Bootcamp w/Tine	14. 0900 HIIT X w/Sanel	15.
17. 0900 HIIT X w/Sanel	18. 0830 HIIT & Upper Body w/Mirka 1630 Bootcamp w/ Mirka	19. 0900 HIIT X w/Sanel 1735 Zumba w/ Nai Nai	20. 0900 Yoga w/Brienna	21. 0900 HIIT X w/Sanel	22.
24.	25. Merry Christmas 	26. 1735 Zumba w/ Nai Nai	27. *0900 Yoga w/Traci	28.	29.