March 2019 Group Fitness Classes Panzer Fitness Center

Mon-Fri 05:00-20:00 Sat/Sun/Holidays 7:30-15:00 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
				1 0900 HIIT X w/Sanel	2 Mardi Gras 5K Kelley Fitness Center
4 0900 HIIT X w/Sanel	5 0900 Bootcamp w/ Mirka ~~1130 Yoga w/Andrea~~ 1630 Bootcamp w/ Mirka	6 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	7 0900 Yoga w/Brienna 1630 Bootcamp w/Mirka	8 0900 HIIT X w/Sanel	9
11 0900 HIIT X w/Sanel	12 0900 Bootcamp w/ Mirka 1130 Yoga w/Andrea 1630 Bootcamp w/ Mirka	13 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	14 0900 Yoga w/Brienna 1630 Bootcamp w/Mirka	15 0900 HIIT X w/Sanel	16
18 0900 HIIT X w/Sanel	19 0900 Bootcamp w/ Mirka 1130 Yoga w/Andrea 1630 Bootcamp w/ Mirka	20 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	21 0900 Yoga w/Brienna 1630 Bootcamp w/Mirka	22 0900 HIIT X w/Sanel	23 *Denotes new class/sub/temp class/instructor
25 0900 HIIT X w/Sanel	26 0900 Bootcamp w/ Mirka 1130 Yoga w/Andrea 1630 Bootcamp w/ Mirka	27 0900 HIIT X w/Sanel 1730 Zumba w/ Nai Nai	28. 0900 Yoga w/Brienna ~~1630 Bootcamp w/Mirka~~	29 0900 HIIT X w/Sanel	GROUP X CLASSES Cost: $5.00/class $45.00 for 10 classes