March 2019 Group Fitness Classes Patch Fitness Center

Mon-Fri 05:00-20:00 Sat/Sun/Holidays 07:30-15:00 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 0930 Zumba w/Viviana	2 Mardi Gras 5K Kelley Fitness Center
4 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay* 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad	5 0830 BodyBlast w/Emily* 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Traci* 1715 Zumba w/NaiNai 1830 Buti Yoga w/Sandra	6 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay* 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga w/ Traci*	7 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa 1830 Ashtanga Yoga Fundamentals w/Sandra	8 0930 Zumba w/Veronica*	9
11 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay* 1015 Butts & Guts w/Mirka ~~1130 Buti Yoga w/Sandra~~ 1700 KRAV MAGA w/Nenad	12 0830 Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1830 Buti Yoga w/Sandra	13 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay* 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea	14 0830 Power Step w/Tine 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa 1830 Ashtanga Yoga Fundamentals w/Sandra	15 0930 Zumba w/Viviana	16
18 0900 Zumba w/Robin G. ~~0900 Indoor Cycling w/ Lindsay*~~ 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad	19 0830 BodyBlast w/Emily* 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1830 Buti Yoga w/Sandra	20 0900 Zumba w/Robin G. ~~0900 Indoor Cycling w/ Lindsay*~~ 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea	21 0830 BodyBlast w/Emily* 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa 1830 Ashtanga Yoga Fundamentals w/Sandra	22 0930 Zumba w/Viviana	*Denotes new class/sub/temp class/instructor
25 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay* 1015 Butts & Guts w/Mirka 1130 Buti Yoga w/Sandra 1700 KRAV MAGA w/Nenad	26 0830 BodyBlast w/Emily* 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin F. 1715 Zumba w/NaiNai 1830 Buti Yoga w/Sandra	27 0900 Zumba w/Robin G. 0900 Indoor Cycling w/ Lindsay* 1015 HIIT (upper body) w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea	28 0830 BodyBlast w/Emily* 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Brienna 1715 Zumba Strong w/Theresa 1830 Ashtanga Yoga Fundamentals w/Sandra	29 0930 Zumba w/Viviana	GROUP X CLASSES Cost: $5.00/class $45.00 for 10 classes