

March 2019 Group Fitness Classes Kelley Fitness Center

Mon-Fri 05:00-20:00 Sat/Sun/Holidays 07:30-15:00 CIV 0711-729-2543

*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 1000 Bootcamp w/ Mirka 1145 Zumba w/ NaiNai	2 Mardi Gras 5K Kelley Fitness Center
4 1700 Zumba w/Theresa	5 1130 Yoga w/Brienna	6 1130 Yoga w/Brandy* 1715 Zumba w/Theresa	7 0600 Spin w/ Jay 1130 Yoga w/Brandy	8 1000 Bootcamp w/ Mirka 1145 Zumba w/ NaiNai	9
11 1700 Zumba w/Theresa	12 1130 Yoga w/Brienna	13 1130 Yoga w/Robin F. 1715 Zumba w/Theresa	14 0600 Spin w/ Jay 1130 Yoga w/Brandy	15 1000 Bootcamp w/ Mirka 1145 Zumba w/ NaiNai	16
18 1700 Zumba w/Theresa	19 1130 Yoga w/Brienna	20 1130 Yoga w/Robin F. 1715 Zumba w/Theresa	21 0600 Spin w/ Jay 1130 Yoga w/Brandy	22 1000 Bootcamp w/ Mirka 1145 Zumba w/ NaiNai	23 *Denotes new class/sub/ temp class/instructor
25 1700 Zumba w/Theresa	26 1130 Yoga w/Brienna	27 1130 Yoga w/Robin F. 1715 Zumba w/Theresa	28 0600 Spin w/ Jay 1130 Yoga w/Brandy	29 1000 Bootcamp w/ Mirka 1145 Zumba w/ NaiNai	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes